



TOP TEN WAYS TO READY YOUR CHILD FOR KINDERGARTEN

- Schedule your child for a well-child medical exam
- Schedule your child for a dental exam
- Establish a bedtime routine for your child. (Your child should have 10-12 hours of sleep per night)
- Take your child to events being hosted at their home school
- Talk to your child about what they can expect at school and answer any questions
- Establish healthy eating habits
- Review, "What Can I do to Prepare My Child for Kindergarten?"
- Establish a quiet place in your home for your child to do school work
- Keep a copy of child's school calendar to encourage regular attendance
- HAVE FUN! This will make your child more confident about kindergarten.

LIST OF RESOURCES ON OTHER SIDE



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RESOURCES FOR YOUR FAMILY

HEALTH CARE: Information for Washington free health care can be found by accessing www.wahealthplanfinder.org. Free immunization clinic information can be found by calling the Free Clinic of Southwest Washington at (360) 313-1390

DENTAL: Families can access information on free dental clinics in Clark County online at www.clark.wa.gov/public-health/care/Oral.html or calling (360) 397-8254

INFO: The American Academy of Pediatrics, www.aap.org, has helpful hints and research on the health benefits of bedtime routines and how to help families establish them.

SCHOOL EVENTS: Your school may be hosting back to school events and other activities throughout the school year. Check their webpage for up to date information or call the district office.

TIPS: Visit <http://www.del.wa.gov/development/kindergarten/> to find resources on “Kindergarten Readiness Tips.” These are helpful to share with your family.

FOOD BANK: If your family needs food assistance, please call Clark County Food Bank at 360-693-0939 or visit www.clarkcountyfoodbank.org. There are 29 locations across Clark County.

INFO: Visit selfwa.org/ready-schools for this informative brochure. Available in English, Spanish and Russian.

INFO: The American Academy of Pediatrics, www.aap.org, has helpful hints and research on how to develop good homework habits.

SCHOOL CALENDAR: Visit your school to obtain a calendar for the school year. Consistent attendance is important for academic success. Please visit www.attendanceworks.org/ for information on “Attend Today, Achieve Tomorrow.”

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