



## TOP TEN WAYS TO HELP YOUR CHILD BE READY 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 his/her home school
- Talk to your child about what he/she can expect at school and answer any questions
- Establish healthy eating habits
- Review, "What Can I do to Prepare My Child for Kindergarten?" brochure and try new activities
- 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*

## RESOURCES FOR YOUR FAMILY

**HEALTH CARE:** Information for Washington free health care can be found by accessing [www.wahealthplanfinder.org](http://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](http://www.clark.wa.gov/public-health/care/Oral.html) or calling (360) 397-8254

**INFO:** The American Academy of Pediatrics, [www.aap.org](http://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](http://www.clarkcountyfoodbank.org). There are 29 locations across Clark County.

**INFO:** Visit [selfwa.org/ready-schools](http://selfwa.org/ready-schools) for this informative brochure. Available in English, Spanish and Russian.

**INFO:** The American Academy of Pediatrics, [www.aap.org](http://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/](http://www.attendanceworks.org/) for information on “Attend Today, Achieve Tomorrow.”

- THANK YOU!