

Get ready for one of the biggest adventures of your child's life!

Habit Time!

Set a standard bed and wake up time a few weeks in advance

- Let children choose what clothes they'd like to wear the next day.
- Routines make everyone feel in control, and that's a good feeling.



Good Health Time!

Make sure your child has the right shots to attend school

- If you are concerned your child may have a contagious illness, call your child's health care provider or school for advice.
- If your child is at high risk for complications from common illnesses, talk to your school about developing a health plan.
- Schedule non-urgent medical appointments and extended trips when preschool is not in session.



Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.

Help Your Child Succeed in Preschool and Kindergarten

Build the Habit of Good Attendance



Did you know?

Showing up on time, every day possible, is important to your child's learning and well-being from preschool forward.

Missing 10% of school (2 days each month) can make it harder to:

- Gain early reading and math skills.
- Build **relationships**.
- Develop good attendance habits.

Preschool and kindergarten have many benefits!

- The routines your child develops will continue throughout school.
- Regular attendance helps your child **gain confidence, delight in learning** and make **new friends**.



What you can do

Work with your child and their teacher to develop your child's strong attendance.

Talk about it – sing about it – make it an adventure!

- Set a **regular** bedtime and morning **routine**.
- Lay out clothes and pack backpacks **the night before**.
- Share ideas with **other parents** for getting to school on time.

Before the school year starts

- Find out what **day school starts** and begin a countdown!
- Make sure your child has the **required immunizations**.
- Attend orientation with your child to **meet teachers** and **classmates** and find out about health and safety procedures.

Ready, Set, GO!

- If you are concerned your child may have a contagious illness, **call** your school or health-care provider **for advice**. Ask for resources to continue learning at home.
- Ask family members or neighbors for assistance **if you need help**.
- Try to schedule **nonurgent medical appointments** and extended trips when school is not in session.
- **If** your child seems **anxious** about going to school, **talk to the** teacher, program director, your doctor or other parents **for advice**. Make sure the program is a good fit for your child.