**Help Prepare Your Child for Kindergarten**

The following list provides tips for parents as they prepare their children to embark on their first school experience.

Things you can do:

* Provide routine in your child’s day by establishing regular time for meals and a regular bedtime that gives your child 8 or more hours of sleep per night
* Give your child lots of opportunity’s for physical play outdoors when possible
* See that your child has had the required immunizations and physical examination
* Assist your child to become independent in dressing, eating, and using the bathroom
* Interact frequently with your child by talking, listening, and playing
* Provide opportunities for your child to play with other children
* Teach your child to share and how to disagree with others
* Encourage social skills, such as helpfulness, cooperation, and concern for others
* Model the use of courteous language (thank you, please)
* Establish and consistently enforce reasonable limits for behavior
* Take your child to a variety of places around the community such as the parks, the store, the library, etc.
* Encourage work values such as persistence and initiative
* Read to your child every day
* Provide opportunities for your child to see you reading each day
* Talk to your child about pictures and stories
* Provide print materials for your child to look at such as books and magazines
* Give your child lots of opportunities to draw, scribble, color, and write