

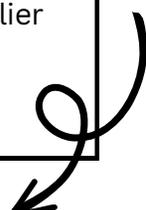
## Parent Readiness: Shopping List

- Quality backpack with water bottle pockets on the outside of the backpack
- Quality water bottle that will last and won't leak
- Quality lunchbox and practice opening/closing it
- Labels to label **EVERYTHING** that goes to school
- A good pair of tennis shoes & hat for recess
- Clothing that is "easy on, easy off" (ex. no belts or shoe laces)



## Parent Readiness: Ways to Prepare at Home

- Have your little one practice their full name, your full name, phone number, and address.
- Have them practice using the bathroom & washing their hands by themselves.
- Establish a morning routine before the first day & introduce an earlier bedtime a few weeks before.



## Sleep Routine

*First Day of School Tips:*

- Move bedtime up a little bit each week until you're at the ideal bedtime at least a week before school starts.
- Start getting your little one up at the regular school time about a week before school starts.
- Get into a good nightly routine that help them unwind after a busy day.
- Enjoy reading & cuddling together before bed.



## Bathroom Routine

*First Day of School Tips:*

- Questions to ask your child's teacher?
  - Is there a bathroom in the classroom?
  - Can they go any time of day?
  - What's the signal for using the bathroom?
- Help your little one practice using the bathroom independently (including wiping, pulling clothes back on, and washing hands properly)
- Skip the adorable outfits with lots of buckles & buttons. Choose comfortable clothes (& shoes) they can take on & off independently.

08.00  
09.00  
10.00  
11.00  
12.00  
13.00  
14.00  
15.00  
16.00  
17.00  
18.00  
19.00

## Prep The Day Before

*First Day of School Tips:*

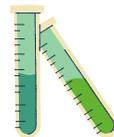


- Pack lunches & Snacks.
- Lay out clothes & shoes.  
This could eliminate any arguments about what to wear the morning of school.
- Pack backpacks & leave them by the door.
- Take those precious "**First Day of School**" pictures the day before so you're not stressed out the morning of ...no one will ever know the difference!

## The First Day

### PARENT READINESS

- Take "First Day of School" pictures the day before .
- Plan extra time that morning so you're not rushed.
- Plan a filling breakfast and lunch.
- Be prepared for an emotional morning for them and for you!
- Prepare your little one that you're going to give them a quick kiss, hug, & then head out the door.
- Be prepared for an after-school meltdown, even if they had a great day.



## Goodbye Routine

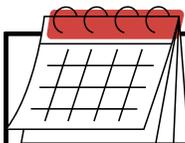
*First Day of School Tips*

- Create a consistent goodbye routine.
- Don't Sneak Out:  
Even if your little one is happily playing, make sure they know you're leaving.
- Don't Linger:  
Say a quick goodbye with hugs & kisses.
- Trust that the teachers will take care of your little one & call you if they need you

## The Rest Of The Year

### PARENT READINESS

- Consider limiting extracurriculars during the first few months of kindergarten
- Give them extra unstructured, free play at home.
- Don't expect them to eat everything in their lunch or snack while at school, but make sure to have after school snack ready.
- Begin open communication with their teacher from Day 1.
- **Never** talk badly about the school or teacher in front of your little one.





## ALL I EVER NEED TO KNOW, I LEARNED IN KINDERGARTEN



Most of what I really need to know how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand box at nursery school.

These are the things I learned. Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you are sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw some and paint and sing and dance and play and work everyday.

Take a nap every afternoon. When you go out in the world, watch for traffic, hold hands, and stick together. Be aware of wonder. Remember the little seed in the plastic cup? The roots go down and the plant goes up and nobody really knows how or why. We are like that.

And then remember that book about Dick and Jane and the first word you learned, the biggest word of all: LOOK! Everything you need to know is there somewhere. The Golden Rule and love and basic sanitation. Ecology, and politics and sane living.

Think of what a better world it would be if we all, the whole world, had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or we had a basic policy in our nation and other nations to always put things back where we found them and clean up our own messes. And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.