











Getting Ready for Kindergarten

-  Practice getting ready for school.
-  Practice going to bed early and getting up in time for school.
-  Walk to school together.
-  Visit the playground.
-  Have positive conversations about school (share your fond memories, too).
-  Check our website for [first week start times](#) and [general school start times](#).
-  Make sure your child eats breakfast.
-  Shop for health food choices.