



Countdown to Kindergarten

Hey Mom and Dad!

Kindergarten is a big step for you and your young one. Here are some tips to prepare for your child's educational success today and in the future.

Help Your Child

Learn . . .

- How to spell first and last name
- Your home phone number
- Your home address
- The teacher's name
- The alphabet
- Basic shapes and colors
- Numbers 0 - 9

Practice . . .

- Taking coat on and off
- Opening lunch box or bag and a milk carton
- Washing hands and blowing nose
- Using scissors and pencils
- Meeting new people
- Packing a backpack or tote bag

Remember to . . .

- Share
- Listen during stories
- Raise hand
- Help clean up

Get comfortable with . . .

- School building (Attending orientation helps.)
- Transportation routine (Talk about riding the bus or carpooling, and what's expected.)
- School playground (Plan some weekend play.)

Prepare Yourself

Before School Starts . . .

- Finalize enrollment and complete required forms (medical, immunization, etc.)
- Adjust your child's sleep routine to school-day schedule of early wake-up and bedtime.

When The Big Day Comes . . .

- Take pictures
- Bring tissues
- Be patient (Adjusting is hard work for you and your child.)

The Next Day . . .

- Keep reading together.
- Open a college savings account now. Your child will be heading to college before you know it. (Go to NC529.org or call 800.600.3453 to get started.)

Brought to you by North Carolina's National College Savings Program (the NC 529 Plan), helping North Carolina families save for college.





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