

# A Parent's Checklist

## for Helping a Child Succeed in Kindergarten

**Parents are children's first and most important teachers! By following the tips below and working with your child's teachers, you can ensure a successful beginning when your child enters kindergarten. With your support and encouragement, your child will learn that school is important.**

- I make sure the school knows how to reach me during the day.
- I read and respond to the school letters sent home to parents and display the school calendar.
- I make sure we have routines for daily activities including bedtime, tooth - brushing, bathing, mealtimes, reading together, and talking about their daily activities.
- I let my child know that his learning is important and that I want him to do well.
- I have guidelines about how she should behave so that she can do her best.
- I limit the amount of TV and computer time and regulate the types of programs and games.
- I read with my child and help my child in a learning activity for at least 15 minutes each day.
- I see that my child gets:
  - 8-10 hours sleep on school nights
  - 5 servings of fruits and vegetables each day
  - at least an hour of active play each day
- I send my child to school in comfortable play clothes. I label all clothing and belongings and help her learn to take care of her things.
- I show a positive attitude about school and show an interest in school projects.
- I make sure my child is at school every day and on time unless he is sick.
- I make sure that my child has health insurance, regular health and dental checkups, and I follow up on any referrals and recommendations.
- I communicate regularly with my child's teacher about any special concerns, needs, or possible problems.

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