



COUNTDOWN TO KINDERGARTEN

Use this resource guide to help prepare your child for kindergarten!

Health and safety needs

My child knows:

- First and last name
- Parent's first and last name
- Phone number
- To follow rules for safety
- Not to talk to strangers
- To look both ways before crossing the street

Personal needs:

- On their own, can my child?
- Brush their teeth
- Wash their hands
- Use the bathroom
- Use tissue to blow nose
- Button and zip pants and shirts
- Put on and take off coat
- Tie shoes

My child has had:

- Required shots
- Dental exam
- Vision exam

Bedtime routine

- Children need at least 11 hours of sleep every night. Establishing a bedtime routine will help make it easier for children to hop into bed each night.
- Watch the clock. Set a consistent bedtime for your child. Let your child know 30 minutes and 10 minutes ahead of time that they will need to start getting ready for bed soon. This will help your child adjust before the transition.
- Relax before bed. Help your child calm down after a long day by reading stories, taking a warm bath, or listening to soft music as a part of your child's nightly routine.
- Consistency is key! It is important to stick with the routine even when it is met with resistance. Your child will slowly adapt if they know what to expect each evening.
- Give options whenever possible. Children like to have some feeling of control. Let them choose which pajamas to wear to bed or which stuffed animal they are going to sleep with tonight.

Adapted from: <http://nevadawic.org/wp-content/uploads/2013/03/Bedtime-handout.pdf>

Community Resources

Shots 4 Tots N Teens

Can assist with vaccines for kindergarten entrance
By appointment only
Lucas County Health Department
635 N. Erie
Toledo, OH 43604
419.213.2013

Tooth Towne

Helps with dental exam required for kindergarten
2130 Madison Avenue
Toledo, OH 43604
419.241.6215

Sight Center

Helps children with vision impairment
By appointment only
1002 Garden Lake Pkwy.
Toledo, OH 43614
419.720.3937

United Way

Various referral programs
424 Jackson Street
Toledo, OH 43604
dial 211

