

## A Simple Guide to Kindergarten Success

1. Do send your child to school **on time, well fed**, and ready to go after a **good night's rest**. Regular bedtime is **critical**.
2. Do **read to your child every night** for at least fifteen minutes. Read all kinds of books. Poetry, rhyme and chapter books are great! Discuss ideas!
3. Do **turn off the television** and limit computer game use. Research is proving that young children can have harmful development gaps when these activities do not have limits.
4. Do encourage and promote outdoor play, and make room for **unstructured** outdoor and indoor play so your child has time to be a child.
5. Take **time to talk** and have lots of conversations. Take extra time to listen and explain and really answer questions.
6. Do **encourage healthy eating**. Send only healthy, nutritious snacks to school.
7. Please review your child's homework sheets and schoolwork. Your **interest and praise** are so important. "If you praise them, they will learn."
8. Do make serious efforts to **connect your child to our natural world**. Taking walks, and going on hiking adventures and trips to the mountains (Mt. Diablo) or the sea can be food for the spirit and imagination.
9. Do find a small job that your child can perform regularly around the home. This nurtures a **sense of responsibility**.
10. Do try to enjoy **every moment** of this year. It will be over in a heartbeat.