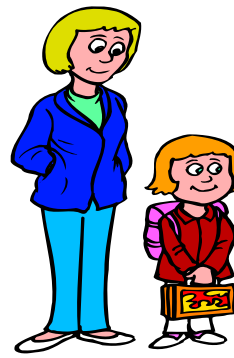


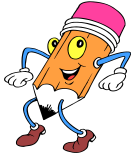


YOUR CHILD IS OFF TO SCHOOL THIS FALL



Kindergarten is an exciting time.

If you plan on having your child enroll in kindergarten for next year, here are some very important things you need to do:



REGISTER HER RIGHT AWAY

Each school hires teachers for the fall based on how many children enroll for classes now. You want your child in a class that has the fewest children so she gets the most attention possible. If she will be 5 by August 31, help your district and your child by enrolling her now.

BRING BIRTH & IMMUNIZATION RECORDS

She should have:

- DTaP 4 doses last after 4th birthday
- Polio 3 doses last after 4th birthday
- MMR 2 doses measles, 1 dose mumps
1 dose rubella
- Hepatitis B 3 doses
- Varicella 2 doses



TALK WITH HER ABOUT SCHOOL

Your enthusiasm for school helps her to become excited. Children who come to school with a positive attitude do better.

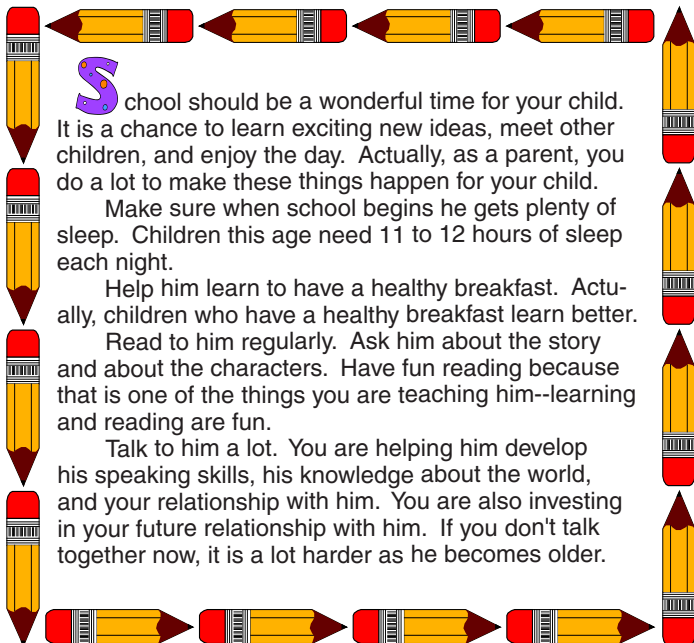
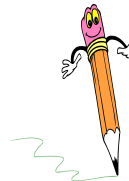
TAKE HER TO SCHOOL TO VISIT

A visit to school can be helpful before school starts. Just let her look around. See if you can show her where her class will be. Show her the library and the play area. Let her be familiar with "her school." Call ahead if school is in session.



STAY INVOLVED

Your child still needs you to be involved. Children whose parents are involved with school do better. Call if she needs help, and call with your questions, concerns, and compliments. We need to work together throughout her school experience to make it a success.



School should be a wonderful time for your child. It is a chance to learn exciting new ideas, meet other children, and enjoy the day. Actually, as a parent, you do a lot to make these things happen for your child.

Make sure when school begins he gets plenty of sleep. Children this age need 11 to 12 hours of sleep each night.

Help him learn to have a healthy breakfast. Actually, children who have a healthy breakfast learn better.

Read to him regularly. Ask him about the story and about the characters. Have fun reading because that is one of the things you are teaching him--learning and reading are fun.

Talk to him a lot. You are helping him develop his speaking skills, his knowledge about the world, and your relationship with him. You are also investing in your future relationship with him. If you don't talk together now, it is a lot harder as he becomes older.

Enjoy your child and this exciting time you will be having as he makes this giant transition into kindergarten.

Let's work together and make this a huge success for him.

If you have questions, call your local elementary school or school district office or PMF at (360) 681-2250 or toll free at (866) 943-5437.

