

COUNTDOWN TO KINDERGARTEN

Getting Ready for the First Day

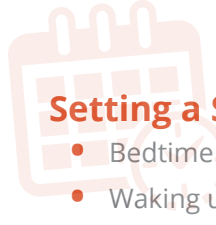


Kindergarten is almost here! Here are some things your family can do to prepare for the first day of school. Every school is different, so check with your school about specific requirements.



Gathering Materials

- School supplies
- Clothing or uniforms
- Backpacks
- Lunchboxes (if needed)



Setting a Schedule

- Bedtime
- Waking up
- Morning routine
- Going to school
- After school plans



Identifying Transportation and Child Care Needs

- Bus, car rider, or walker?
- Is morning and afternoon transportation the same?
- Before or after school child care?



Saying Goodbye

- Talk about summer activities that are ending.
- Plan and practice a goodbye routine with your child.
- Practice separating from your child.



Connecting with School Staff

- Complete all forms.
- Attend back-to-school events.
- Sign up for school communication apps.
- Follow school social media accounts.
- Connect with your child's teacher.
- Ask questions.

Starting school can be an exciting but also difficult time. Below is a list of resources that may help as you plan for your child's first day of kindergarten:

- Watch for supply giveaways at churches and community centers.
- Your school's [Family Resource Center \(FRC\)](#) can connect you to resources such as clothing and [health screenings](#).
- If you need help with [forms](#), call the JCPS Call Center at 502-313-4357 to ask for help. If you need interpretation, use the JCPS [I Speak Cards](#) to get help in your home language.
- Your family may get [free or reduced price meals](#) at school. Fill out the meal form for your school.
- The first day of kindergarten may be fun and exciting. It can also be hard or tiring. Before school starts, your family can deal with these feelings by making routines, getting sleep, and spending time together.
- The start of school is different for every family. It is important to connect with your child's teacher early and often. Show school staff, your child, and yourself grace during this time.
- There are [additional resources](#) for families who need support with children's behavior, developmental concerns, and mental health.