



# Kick Off to Kindergarten

## Mom and Dad, Your child is about to join the Class of 2030!

Kindergarten is a big step for you and your young one. Here are some tips to prepare for your child's educational success today and in the future.

### Help Your Child

#### Learn . . .

- How to spell first and last name
- Your home phone number
- Your home address
- The teacher's name
- The alphabet
- Basic shapes and colors
- Numbers 0 - 9

#### Practice . . .

- Taking coat on and off
- Opening lunch box or bag and a milk carton
- Washing hands and blowing nose
- Using scissors and pencils
- Meeting new people
- Packing a backpack or tote bag

#### Remember to . . .

- Share
- Listen during stories
- Raise hand
- Help clean up

#### Get comfortable with . . .

- School building (Attending orientation helps.)
- Transportation routine (Talk about riding the bus or carpooling, and what's expected.)
- School playground (Plan some weekend play.)

### Prepare Yourself

#### Before School Starts . . .

- Visit your local school/school district's website to find forms and requirements for Kindergarten enrollment.
- Gather your child's birth certificate, proof of residence, and immunization records, as well as your photo ID and any custody records. You'll need these to register.
- Schedule a visit with your medical provider. (NC state law requires a "Health Assessment" form before attending public school.)
- Adjust your child's sleep routine to help with the transition to the new school schedule.

#### When the Big Day Comes . . .

- Take pictures
- Bring tissues
- Be patient (Adjusting is hard work for you and your child.)

#### The Next Day . . .

- Contribute to a [529 college savings account](https://www.nc529.org)!**  
**Your child will be heading to college before you know it!**

 **NC529.org**  
**800-600-3453**

*Brought to you by North Carolina's National College Savings Program (the NC 529 Plan), helping North Carolina families save for college.*

