

August is “Get Ready for Kindergarten” Month!

August is here and it's time to get ready for kindergarten. Kindergarten is a big deal for parents and kids. Parents worry about their kids – will they make friends? Will they get homesick? And kids worry about starting something new – what will my teacher be like? Where will I eat lunch? What will I learn? But you have a whole month to help prepare yourself and your child for a positive introduction to school. Here are some tips to help.

Books! Books! Books!

Reading books together about going to kindergarten can help your child get excited about the first day of school and help them know what to expect. Reading together also helps prepare your child for academic success by improving attention span and learning early reading skills.

Get Familiar with the School!

Walk or drive by the school building, play on the playground, and attend an open house to see the classroom, find the restrooms and meet the teachers and staff. Your child will be more comfortable if they are familiar with their new environment.

Get into a New Routine!

Slowly start adjusting your child's sleeping and eating schedule to the one they will have in school. Routines help make sure your child is well-rested and nourished and ready for kindergarten.

Practice!

Practice getting ready for school, including having clothes ready and backpack packed. Practice the route to school by walking or taking a bus trip. You can even serve their lunch in their school lunch box a few times.



Practice helps your child feel more confident in the new things they will be doing.

Spend Time Apart!

If kindergarten will be the first time your child has spent much time away from you and home, you can start practicing small separations now. Send your child off with a caregiver for a few hours, or schedule playdates away from home. These small separations give you a chance to practice being apart and saying your good-bye ritual ahead of time. These experiences will help your child learn to cope with your absence and know that you will always come back.

Work on Kindergarten Readiness Skills!

You are your child's first and most important teacher. Take some time every day to work on the early reading, math, and social skills they need to be ready for kindergarten. For a list of these skills check with your child's school or this [article](#)

Are you looking for an early learning program for your preschooler?

Young children learn through play and preschools are a great way to give children enriching learning opportunities. There are multiple options for preschool programs and it's important to find one that fits your child and family's needs.

Preschools can be part-time such as 2 or 3 mornings a week or full-time. A preschool may be a parent cooperative, where parents help in the classroom. Preschools may have a religious curriculum or may have different philosophies, such as Waldorf or Montessori, or be an outdoor, nature-based program.

Regardless of your choice, there are some questions to ask as you visit programs:

- Are the teachers warm and caring, and do they get to know each child and family well?
- Do the adults in the program help children learn how to play, work together, and make friends?
- Are activities planned so all children of all abilities can take part?
- Does the program actively include every child's family, language, and culture?
- Are the children learning mostly through their play? Do teachers plan large and small group experiences that allow children to try new things, build knowledge and connect learning through what interests the child?
- Does the program offer a variety of learning tools, books, art materials, blocks, dress-up, puzzles, natural elements, dolls, cars, and lots of outdoor, large muscle time?

Preschool Program Checklist

www.childcareaware.org/families/choosing-quality-child-care/selecting-child-care-program/preschool-program-checklist/

For help finding a preschool that fits your family's needs, call Pollywog/Family Connections at 541-917-4884.



**PRESCHOOL
PROMISE**

Preschool Promise offers FREE, high-quality preschool programs for Oregon Families!

How does it all work? If you reside in Oregon, have a child ages 3-5, and meet income requirements, you could qualify for free preschool. Email us today at preschoolpromise@linnbenton.edu

Already enrolled at one of our providers and think Preschool Promise is right for your family? Follow the link in Step 1 to complete an application!

Step 1: [Fill out an online application](#)

Step 2: You will be contacted by Early Learning Hub staff to discuss your application and confirm that we have all required documentation.

Step 3: Next, we send your application and documents to our eligibility team.

Step 4: Once deemed eligible, your application will be placed on a list for the provider you selected.

Step 5: Summer enrollments will be processed on a weekly basis, each Monday. We will begin tentative placements for School Year 21-22 on July 23rd and will continue placements on a bi-weekly basis or as vacancies occur

Step 6: Once placement is confirmed your provider will contact you to enroll with their program! **Congratulations!**

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