



READY TO READ



COUNTDOWN TO KINDERGARTEN!

Health and safety needs

My child knows:

- First and last name
- Parent's first and last name
- Phone number
- To follow rules for safety
- Not to talk to strangers
- To look both ways before crossing the street

Personal needs:


On their own, can my child?

- Brush their teeth
- Wash their hands
- Use the bathroom
- Use tissue to blow nose
- Button and zip pants and shirts
- Put on and take off coat
- Tie shoes






My child has had:

- Required shots
- Dental exam
- Vision exam



See more 

Bedtime routine

-  Children need at least 11 hours of sleep every night. Establishing a bedtime routine will help make it easier for children to hop into bed.
-  **Watch the clock.** Set a consistent bedtime for your child. Let your child know 30 minutes and 10 minutes ahead of time that they will need to start getting ready for bed soon.
-  **Relax before bed.** Help your child calm down after a long day by reading stories, taking a warm bath, or listening to soft music.
-  **Consistency is key!** It is important to stick with the routine even when it is met with resistance. Your child will slowly adapt.
-  **Give options whenever possible.** Children like to have some feeling of control. Let them choose which pajamas to wear to bed or which stuffed animal they are going to sleep with.



Community Resources

Shots 4 Tots N Teens

Vaccines for kindergarten entrance.
By appt. only.
635 N. Erie | 419.213.2013

Tooth Towne

Dental exam required for kindergarten
2130 Madison Avenue | 419.241.6215



Sight Center

By appointment only
1002 Garden Lake Pkwy.
419.720.3937

United Way

Various referral programs
424 Jackson Street | dial 211

For more information, or if you have any questions, contact the Ready to Read Librarians:

 419.259.5253  readytoread@toledolibrary.org



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