

5 promises to make to your kindergartner for School Success

1. I promise to make sure my child has a **healthy, nutritious breakfast** before school every day. This will give my child energy to **stay focused and learn**.
2. I promise to teach my child to practice **good hygiene** (like brushing teeth, bathing, wearing clean clothes). This will help my child **feel better about him or herself**.
3. I promise to teach my child **good habits** (like washing hands, covering nose & mouth to sneeze, closed mouth when chewing). This will help keep my child **healthy and prevent spreading germs**.
4. I promise to **create a bedtime routine**, making sure my child gets at least 10-12 hours of sleep each night. This will help my child be **well rested and ready to learn**.
5. I promise to **read with my child every day**. This will help my child recognize words and gives me **quality time with my child**.