



Getting Ready

- Read every day with your child. Include story time as part of your child’s bedtime routine to guarantee reading is a part of his or her day.
- Practice sharing and taking turns
- Ask your child about their day (even if they have been with you all day!).
- Play simple games together such as “color” I Spy. (I spy something orange)
- Teach your child to get on their own coat and shoes (Velcro and slip on work great for kindergarten)



We look forward to getting to know you and your kindergartner this fall. If you have any questions or concerns please feel free to call us.

Sincerely,

Anna Walker and Lisa Frankel
School Counselors
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Northeast Primary School

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Welcome to Northeast Primary School!

We are excited for your kindergartners to arrive in August! The first few weeks of kindergarten are an exciting and overwhelming time for you and your child. There are things you can do to help make it a smooth transition such as making healthy food choices, getting a good night’s sleep and practicing good social skills



A good night’s sleep is important for your child to be a successful student. Five year olds need between 8 and 11 hours of sleep. Creating a bedtime routine will make it easier for you and your child.

It should be a time to help your child become calm, quiet and relaxed. When you have a routine your child’s body and brain know when it is time to fall asleep.

Bedtime Tips

Turn off TV and electronic devices such as cell phones and tablets at least 30 minutes before bedtime

Turn on a fan, a sound machine or quiet, wordless music if it helps your child fall asleep

Your child’s routine might include a calm bath, teeth brushing, pajamas, talking quietly about the day, 2-3 short books and a snuggle before ‘goodnight.’

Stick to your calm and quiet routine every night (even weekends!) to make bedtime calm and happy.

