

School Readiness All Year Long

Time goes by so fast and before you know it, it's a new year. First 5 Sacramento encourages building your child's future now by using these monthly reminders to help prepare your child for school. For more information about school readiness and First 5 Sacramento, call (916) 876-5865 or visit www.First5Sacramento.net.



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January:

Enroll in health insurance - a healthy child is a happy child

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February:

Brush your teeth - stress the importance of oral health at home

R

March:

Learn more about local preschool programs - call Child Care Connection at (800) 543-7793

April:

Teach healthy eating habits - try for 5 fruits and vegetables a day

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May:

Do some movin' and groovin' - jump, dance and run around with your child for some fun exercise

June:

Be prepared - register or enroll your child in a local school readiness program

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July:

Read together - join a summer reading program at your local library

August:

Stay on track - make sure your child has all his or her immunizations

September:

Be ready - it's back-to-school time for many families

D

October:

Talk it up - talking helps your baby build stronger verbal skills

November:

Safety first - make sure your home is a safe place for your child

December:

Quality time counts - sing holiday songs or make crafts with your child

Y