



Improving School Readiness Tips for Parents

- ❖ Beginning at birth, make time to **talk, read, and sing to your child every day** to build early language skills.
- ❖ **Bring your child on outings** to the park, the beach, the library, the children's museum, and the zoo so they can explore new environments and learn about the world around them.
- ❖ **Create reading routines** starting when your child is very young. Read a bedtime story to your child every night, read the names of food and household items from packaging, and read street signs in your neighborhood.
- ❖ **Teach your child your family's home language(s)** while providing opportunities for acquiring English language knowledge. Children who are bilingual and learn to read in their home language have a strong foundation for future learning.
- ❖ **Make sure your child visits the doctor regularly for check-ups**, even if they are not sick. There are 18 recommended well-child visits between birth and third grade; most of these occur before age three.
- ❖ Make sure your child receives **regular developmental screenings** during well-child visits at ages 9, 18, 24, and 30 months and through your local school district at ages 3, 4, and 5. Follow up on any referrals for further evaluation or services. Approximately 15% of children experience developmental delays. [Early Intervention](#) and [Preschool Special Education](#) can help children catch up so they are not behind when they start school.
- ❖ Look for **high-quality child care and preschool options** where your child can develop consistent, positive relationships and build language and early literacy skills. Visit www.brightstars.org to find high-quality child care and preschool options.
- ❖ **Advocate for funding** to support high-quality, affordable early learning programs in your state and community.

