



Fact Sheet

Getting ready for kindergarten

The start of school this fall may seem a long way off, but kindergarten screening in February and March offers a great opportunity to prepare your child for a new chapter in life.

Prepare children now for emergency situations.

- Have them memorize their home phone number and home address.
- Write down emergency contact information for them to carry, including important phone numbers.
- Talk about what your family will do if a disaster strikes while you are separated.
- Teach them about stranger safety.
- Teach them about body safety.
- Talk to them about how to cross the street safely.

This is also a great time to teach children about nutrition. As they think about packing their own lunch this fall, or eating at the school cafeteria, encourage them to make healthy choices. Teach them to select fruits and vegetables over sweets or empty-calorie foods. Encourage them to eat well-balanced meals that contain a mixture of the recommended food groups.

As you get their immunizations caught up, talk to them about how to prevent disease. Immunizations are important. They can also practice good handwashing while at school, and they can learn to not share food or drinks with other children.

Sending a five-year-old out into the big world of kindergarten can be frightening for both parents and children. Talk to your children early this year. Empower them to make safe and healthy choices.

Learn more by visiting www.phelpscountyhealth.com, or call (573) 458-6010.

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