

## LEARNING OBJECTIVES

1

**Define Kindergarten Ready** - ECE teachers will learn the definition of Kindergarten Readiness and the skills list

2

**Why Kindergarten Ready** - ECE teachers learn why the k-ready skills are important to children's future academic and life success

3

**Activities and Resources** - ECE teachers learn about family resources and reflect on activities to foster Kindergarten-ready skills

4

**More Child Care Resources**



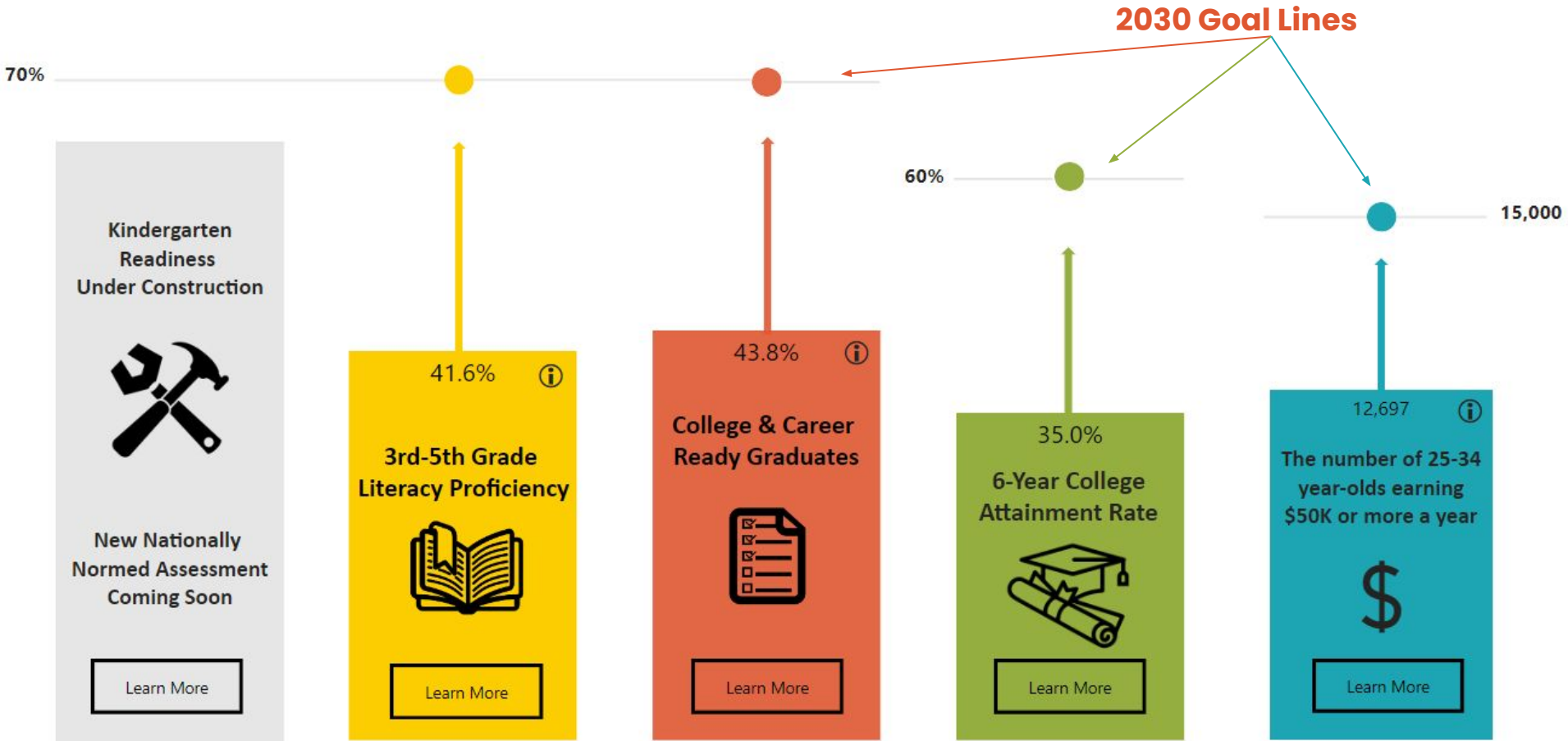
# WHAT IS CHATTANOOGA 2.0?

We are a dynamic nonprofit organization who unites partners across sectors from community, business, nonprofit, public, and educational spheres. Through these partnerships we aim to impact generational changes by removing systemic barriers and providing intentional supports to children, students, and their families.

We believe **every. child. matters.**

Our ultimate goal is to improve economic opportunity and quality of life in Chattanooga-Hamilton County — and we believe education attainment is the first step.

# Chattanooga 2.0 Goals Dashboard



Kindergarten Readiness Under Construction



New Nationally Normed Assessment Coming Soon

Learn More

41.6% ⓘ  
3rd-5th Grade Literacy Proficiency



Learn More

43.8% ⓘ  
College & Career Ready Graduates



Learn More

35.0%  
6-Year College Attainment Rate



Learn More

12,697 ⓘ  
The number of 25-34 year-olds earning \$50K or more a year



Learn More

2030 Goal Lines

70%

60%

15,000

# FOCUS AREAS FROM BIRTH TO CAREER

Thriving Wage  
Career Pathways



A THRIVING WAGE  
FOR YOUNG ADULTS

Apprenticeships



POSTSECONDARY  
ATTAINMENT

Out-of-School Time



COLLEGE & CAREER  
READY GRADUATES

Elementary Literacy



3RD GRADE READING  
& MATH PROFICIENCY

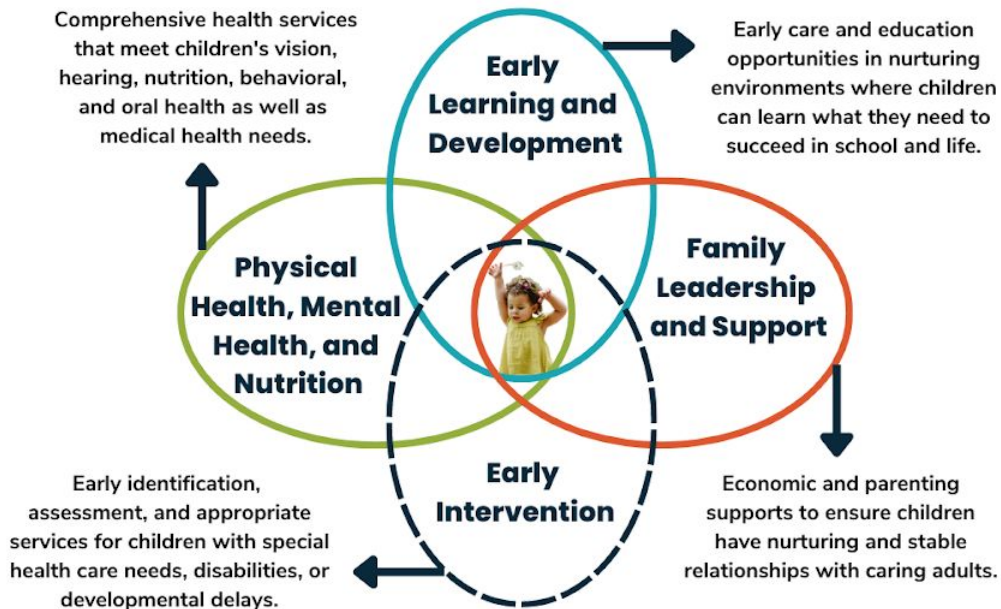
Early Childhood  
Birth to Age 8



KINDERGARTEN  
READINESS

# CHATTANOOGA-HAMILTON COUNTY'S EARLY CHILDHOOD SYSTEM

## COORDINATION



## ALIGNMENT AND TRANSITIONS



## **WHAT IS EARLY MATTERS WORKING ON?**

- The Quality Matters Fund grant
- Policy impacting early childhood education
- Quality early childhood health access, including WIC enrollment
- Strategies in the 2025 Early Childhood action plan
- Kindergarten Readiness!!



# QUALITY MATTERS FUND

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## SAVE THE DATE!!

Saturday, October 12th TACEE is hosting the state conference at Chattanooga State.

Quality Matters Fund is covering the \$120 registration fee for all Hamilton County child care teachers.

At least 6.5 Continuing ed / PD credits will be given for the sessions teachers attend. *More info to come.*

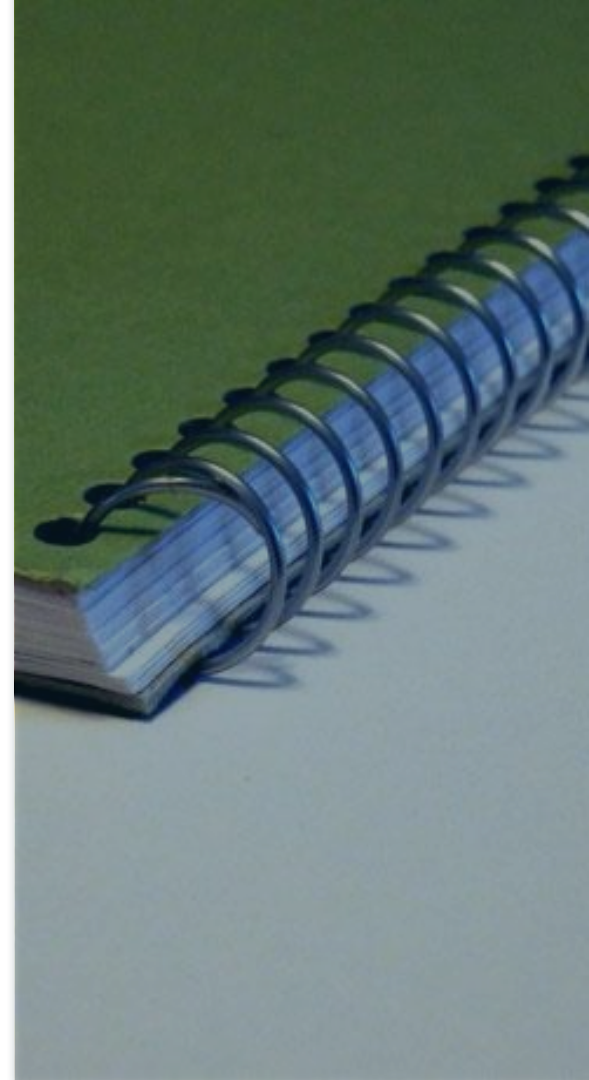


# QUALITY MATTERS FUND

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## Substitute Lesson Plan Toolkit

- Developed by the University of TN at Chattanooga
- 35 weeks of open source (FREE) lesson plans based on popular curriculum pedagogy like Reggio and Montessori
- Will be cross-referenced to the Kindergarten-ready skills
- QMF aims to print one copy for every child care provider in Ham Co.







# READY, SET, KINDERGARTEN!

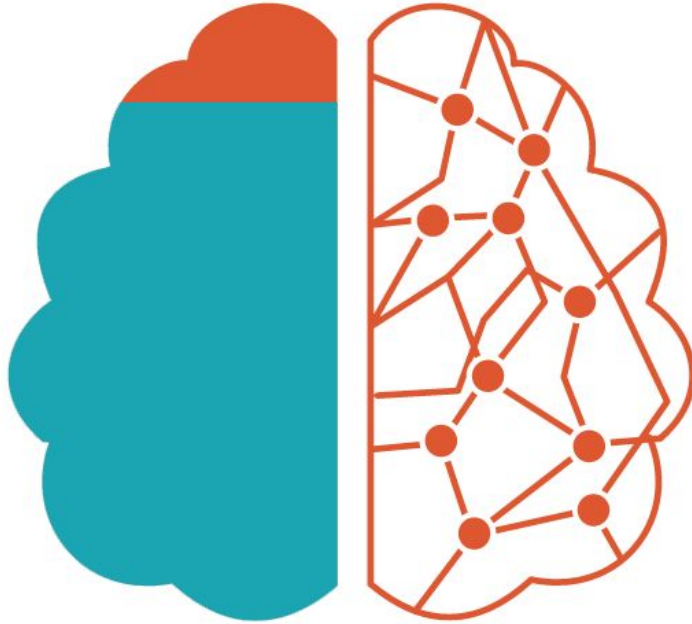


**WHAT DOES THE  
FIRST DAY OF  
KINDERGARTEN  
LOOK LIKE FOR A  
SCHOOL?**



**WHAT DOES THE  
FIRST DAY OF  
KINDERGARTEN  
LOOK LIKE FOR A  
FAMILY?**

# EARLY CHILDHOOD: BRAIN BASICS



**90%**

**Children's  
brains grow  
to 90% of  
their adult  
size by age 5**

**But early childhood experiences are VASTLY different from child to child.**

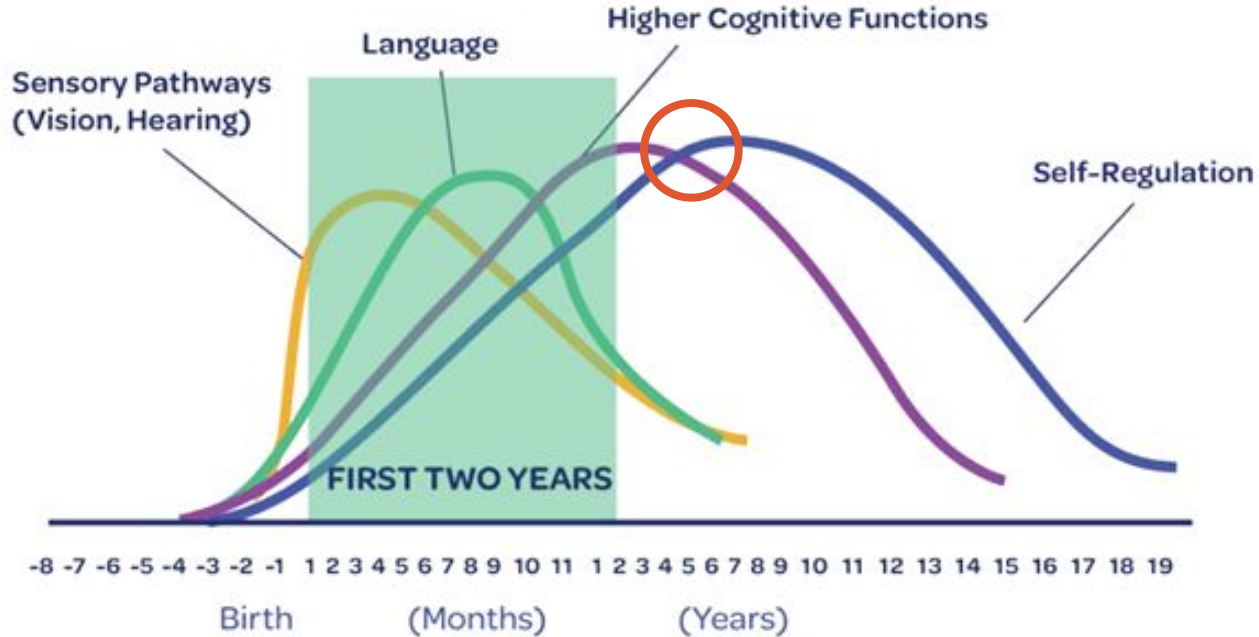


# BRAIN BUILDERS



**Sometimes YOU are the  
most consistent thing in a  
child's life before  
Kindergarten.**

# Getting things right the first time is easier than trying to fix them later.



## EXECUTIVE SKILLS



FOCUS &  
ATTENTION



PLANNING &  
ORGANIZATION



WORKING  
MEMORY &  
METACOGNITION



INITIATIVE &  
PERSISTENCE



FLEXIBILITY &  
PROBLEM  
SOLVING

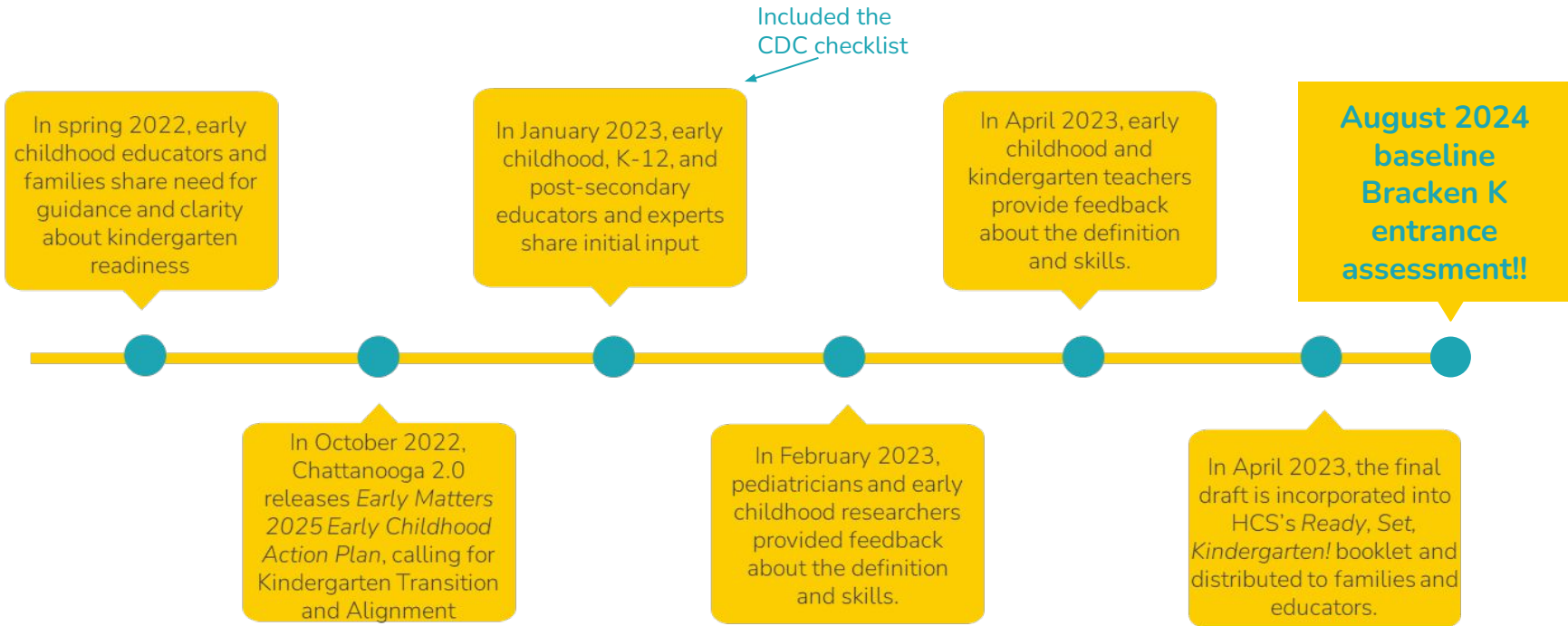


INHIBITION &  
EMOTIONAL  
CONTROL



# THE CAMPAIGN FOR KINDERGARTEN READY

# DEVELOPING A KINDERGARTEN READINESS DEFINITION







Name a skill you feel Kindergarten students must have upon starting school that leads to future school and life success.



some self control putting on their own coat  
 sharing being able to count to 10 communication  
 self esteem letter recognition personal competency  
 wondering social skills  
 self advocacy problem solving communicative  
 knowing their full name curiosity social awareness  
 self-motivation self-regulation opening lunch personal space  
 physical emotional social self regulation  
 engagement self-confidence buttoning pants  
 independence literacy knowing letters  
 emotion regulations group participation  
 following directions

# FOCUS GROUP FINDINGS

## FIRST DAY READY SKILLS:

1. Social and emotional development
2. Independence and self-help skills
3. Language and communication skills
4. Pre-K or school experience
5. Eagerness to learn
6. Grit and persistence



# FOCUS GROUP FINDINGS

## SKILLS THAT HAVE BEEN LACKING:

1. Fine motor skills
2. Social skills
3. Persistence and problem-solving
4. Independence
5. Listening and comprehension
6. Alphabet and number knowledge



# THE CAMPAIGN FOR KINDERGARTEN READY

# HOW DO WE DEFINE KINDERGARTEN READY?

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“Children will grow into strong learners and adults when we support their brain growth before and after Kindergarten. In Hamilton County, we aspire that every rising Kindergartener is physically, socially, emotionally, and intellectually prepared for success in Kindergarten. To do this, they need families, schools, and communities to provide a strong foundation in the following five skill areas: Learning Skills, Emotional and Social Skills, Language Skills, Math Skills, and Self-Help and Movement Skills.”



# K-READY DEFINITION AND SKILLS LIST



## WHAT THEY ARE NOT

- An assessment
- Formal requirements of HCS
- An exhaustive list of skills for success in Kindergarten
- A reason to think a student is failing before they start
- Something to start the month before Kindergarten (though, better late than never!)
- A replacement for love, adult conversation, and play

## WHAT THEY ARE

- A guide to engage families in building their child's skills for school success
- A starting place to explore where a child may need more activities to build on a skill
- A list of developmentally appropriate skills to work on at home
- Alignment between early childhood educators, the school district, and parents



# SKILLS FLYER TO SHARE WITH PARENTS / GRANDPARENTS

## Ready, Set KINDERGARTEN!

**HEY FAMILIES!** The baby days are over and now your little one is headed to kindergarten! For parents and kids alike, this new chapter in life can bring about mixed emotions including excitement and nervousness. You can help your child feel competent and confident as they start their new adventure.

No two children are the same. Children learn at different speeds and in different ways and your child's teacher will be ready for them no matter what. In the years before K, your child is quickly gaining important skills to help them be ready for Kindergarten, both in child care/PreK and at home. Families have a big role to play in helping children get ready for Kindergarten too!

Visit the website to learn more about these skills and how you can practice them at home during everyday activities like laundry, cooking, and bath time.

**Always remember** - with every story you read, skill you teach, or hug you give - you are the first and most influential teacher your child will ever have.

### HOW DO WE DEFINE KINDERGARTEN READY?

Children will grow into strong learners and adults when we support their brain growth before and after Kindergarten. In Hamilton County, we aspire that every rising Kindergarten student is physically, socially, emotionally, and intellectually prepared for success in Kindergarten. To do this, they need families, schools, and communities to provide a strong foundation in the following five skill areas: Learning Skills, Emotional and Social Skills, Language Skills, Math Skills, and Self-Help and Movement Skills.



**CHATTA NOOGA 2.0**  **HAMILTON COUNTY SCHOOLS** VISIT [CHATT2.ORG/KREADY](http://CHATT2.ORG/KREADY)

## List of Skills for Success in Kindergarten

Appropriate for four and five-year-old rising kindergarten students.  
Contact your pediatrician with any concerns.

### LANGUAGE

- I can **listen** to a story and **answer** questions about it
- I know my **ABCs**, can identify some letters and sounds of the alphabet, and turn pages in a book right to left on my own
- I can draw you a picture and **tell a story** about it, even if it looks like scribbles
- I recognize my **written name** and can attempt to write it
- I notice words that **rhyme** (bat-cat, ball-tall) and make up nonsense rhymes (fooodle, doodle)
- I speak in **complete sentences** of 6-8 words that can be understood by a stranger

### MATH

- I can count to **30**
- I can point to and count **10** objects
- I know my **colors** and can draw **shapes**, such as circle, square, triangle
- I can describe the **position** of objects: up/down, left/right, behind/ beside, in front/ on top
- I can recognize and repeat simple **patterns** such as star, moon, star, moon

### HEALTHY FOUNDATION

- I have been to the **dentist** and had my **vision** and **hearing** screenings
- I sleep at least **9 hours** per night, and I eat enough veggies and fruits

### LEARNING

- I can **follow directions** to complete a task
- I can play by myself and also with other children my age
- I show curiosity when I ask who, what, when, where and what-if **questions**
- I am eager to **try new experiences** and activities
- I can **focus** on or complete one activity for 5 minutes before moving on

### SELF-HELP & MOVEMENT

- I move with **control** and balance while walking, running, jumping & climbing
- I can use pencils and crayons to **trace** and scissors to **cut**
- I can control buttons and zippers and press on my own
- I can use hand-eye coordination to put together a **puzzle**
- When an adult asks me to, I can eat, brush teeth, wash my hands and use the bathroom **all by myself**

### EMOTIONAL & SOCIAL

- I can **share**, take turns, help, compliment, and play well with my friends
- Once I'm 5, I can **adjust** to changes in routine and environment
- I can use words to describe my **emotions** (ex: happy, sad, hungry)
- I seek and accept guidance from caregivers and teachers
- I know my full name, city, phone number, and reliable adult names

**WE CAN ALL HELP GIVE CHILDREN A STRONG FOUNDATION BEFORE KINDERGARTEN.**

Do you want to learn brain-building tips for children YOUNGER than four? Visit the [ChattanoogaBasics.org](http://ChattanoogaBasics.org) website to learn about the 5 simple ways you can help give your child a strong start in life.



**Early Matters**  
AN ACTION TEAM OF **CHATTA NOOGA 2.0**

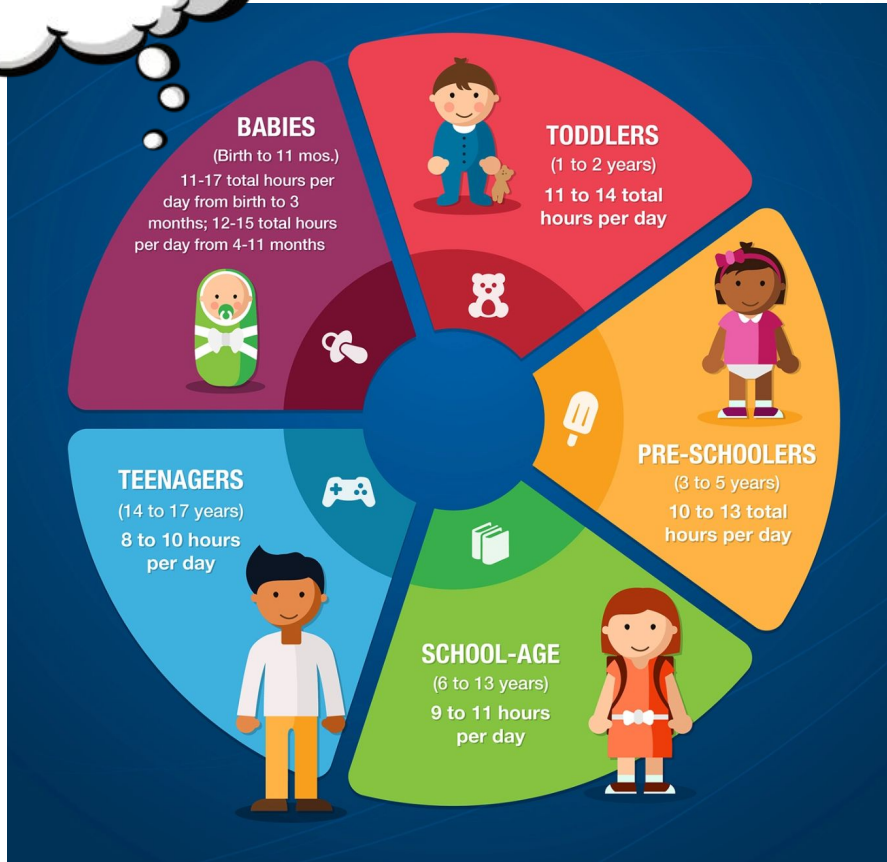
# SKILLS FOR RISING KINDERGARTEN STUDENTS

Children must be 5-years-old before starting Kindergarten in Hamilton County Schools. These skills are developmentally-appropriate for four and five-year-old children, but some skills may not be developed until closer to the start of Kindergarten.

**When sharing with parents,  
remember to mention that  
every child is unique**



# HEALTHY FOUNDATION



- **EAT WELL:** Good nutrition leads to more stable moods, increased ability to pay attention, more paying attention, and improved memory.
- **RECOMMENDED DOCTOR CHECKUPS**
- **SCREENINGS:** Make sure they have **hearing**, **dental**, and **vision** screenings at their doctor's office or through their preschool program before Kindergarten.

# LANGUAGE



- ❑ I can **listen** to a story and **answer** questions about it
- ❑ I know my **ABCs**, can identify some letters and sounds of the alphabet, and turn pages in a book right to left on my own
- ❑ I can draw you a picture and **tell a story** about it, even if it looks like scribbles
- ❑ I recognize my **written name** and can attempt to write it
- ❑ I notice words that **rhyme** (bat-cat, ball-tall) and make up nonsense rhymes (foodle, doodle)
- ❑ I speak in **complete sentences** of 6-8 words that can be understood by a stranger

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# LEARNING



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# SELF-HELP & MOVEMENT



- I move with **control** and balance while walking, running, jumping & climbing
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- I can **share**, take turns, help, compliment, and play well with my friends
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- I can use words to describe my **emotions**
- (ex: happy, sad, hungry)
- I seek and accept **guidance** from caregivers and teachers
- I know my **full name**, city, phone number, and reliable adult names

# FAMILY RESOURCES

# RESOURCES

Available  
in Spanish!



- **KReady Skills Website** with with sample activities parents can do with their child
- Kindergarten **Skills for Success** booklet
- Skill-building **activity videos** and partner resources
- **Rack cards** with skills for partners
- Skills indexed for ECE teachers to the **child care lesson plan toolkit index**
  - Open source lesson plans for any teacher *(coming soon)*
- PBS Learning Lab
- TN Voices Positive Parenting **free** classes
- Chattanooga Basics



# WEBSITE

## READY, SET, KINDERGARTEN!

### DO YOU KNOW IF YOUR CHILD IS READY FOR KINDERGARTEN?

Chattanooga 2.0 and community partners in Hamilton County, TN want to ensure you are equipped with the knowledge, tools, and resources to support your preschooler on their journey to Kindergarten. Until now, parents of rising Kindergarten students have been left to guess as to whether or not their child is "ready" for Kindergarten. The truth is, your child's kindergarten teacher will be ready for them on day one, no matter what. There are, however, many things families can do with their children in the years leading up to the start of "big school" to help give them a strong foundation for success in school and life. The resources on this page are for the families of four and five-year-old rising kindergarten students. For brain-building activities for younger children, head on over to our partner at [ChattanoogaBasics.org](http://ChattanoogaBasics.org).

This page is continually updated, so check back often for more resources to support your young learner.



### VIEW THE LIST OF SKILLS FOR SUCCESS IN KINDERGARTEN

The baby days are over and now your little one is headed to kindergarten! For parents and kids alike, this new chapter in life can bring about mixed emotions including excitement and nervousness. You can help your child feel competent and confident as they start their new adventure.

No two children are alike. Some like to draw, play with blocks, or sing songs, while others might find it hard to hold a pencil or listen to music. Children learn at different speeds and in different ways. If you are concerned about your child's development, talk to your pediatrician.

[CLICK HERE TO VIEW THE LIST OF KINDERGARTEN-READY SKILLS](#)

### RESOURCES TO HELP YOU HELP YOUR CHILD

Preparing for kindergarten is an important task, but it doesn't



Ready, Set, **KINDERGARTEN!**

## VISIT:


# [WWW.CHATT2.ORG/](http://WWW.CHATT2.ORG/) [KREADY](#)

# RACK CARD



## Ready, Set, KINDERGARTEN!

You can help your child build the following skills to get ready for kindergarten at home, through play and in everyday activities. Every child is unique and skills don't develop at the same time. Teachers will be ready for your little one no matter what.

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CHATTA  
NOOGA **2.0**  HAMILTON  
COUNTY  
SCHOOLS

## SKILLS FOR KINDERGARTEN SUCCESS

APPROPRIATE FOR FOUR AND FIVE-YEAR-OLD RISING  
KINDERGARTEN STUDENTS. CONTACT A DOCTOR WITH CONCERNS.


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### HEALTHY FOUNDATION

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SCAN FOR IDEAS  
AND ACTIVITIES  
CHATT2.ORG/KREADY


## Spanish too!

En sus marcas, Listos.



## KINDERGARTEN!

Tú puedes ayudar a tu hijo(a) en casa a que desarrolle estas habilidades y que esté listo(a) para el kindergarten, mediante el juego y actividades de la vida diaria. Cada infante es único y no desarrollan las habilidades al mismo tiempo que otros. Los maestros estarán listos para tu pequeño(a), en cualquier caso.

### HABILIDADES DE LENGUAJE

- Puedo escuchar una historia y responder preguntas al respecto
- Conozco mis **ABCs**, puedo identificar algunas letras y sonidos del alfabeto, y cambiar las páginas de un libro de derecha a izquierda, por mi mismo.
- Puedo dibujar una imagen y hacer una historia al respecto, aún si solo se ve como un garabato 
- Reconozco mi nombre escrito y puedo intentar escribirlo
- Entiendo las palabras que riman (pato-gato, copa-sopa) y hacer rimas sin sentido (sipo, tito)
- Hablo frases completas entre 6-8 palabras, que un extraño puede entender

### HABILIDADES MATEMATICAS

- Puedo contar hasta 30 
- Puedo señalar y contar 10 objetos 
- Conozco mis colores y puedo dibujar figuras como el círculo, el cuadrado, el triángulo
- Puedo describir la posición de los objetos: arriba/abajo, izquierda/derecha, atrás/a un lado, enfrente/ encima
- Puedo reconocer y respetar patrones simples como estrella, luna, estrella, luna



CHATTA  
NOOGA **2.0**  HAMILTON  
COUNTY  
SCHOOLS

Early  
Matters

AN ACTION TEAM OF CHATTA  
NOOGA **2.0** 



# ACTIVITY BOOKLET

## Ready, Set KINDERGARTEN!

Resources for Hamilton County, TN rising Kindergarten students and their families



THIS BOOK BELONGS TO:

\_\_\_\_\_

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\_\_\_\_\_

### A Community Supporting Kindergarten Readiness

Chattanooga 2.0 community partners in Hamilton County, TN agree on what it means to be ready for kindergarten and how to support our youngest residents. Children's brains develop most quickly in their first five years. Families, schools, and communities have an important role to play in giving children a strong foundation. We can all support and nurture age-appropriate skills to make sure every child is set up for success in school and beyond. **Will you join us?**

#### KINDERGARTEN READY DEFINITION:

Children will grow into strong learners and adults when we support their brain growth before and after Kindergarten. In Hamilton County, we aspire that every rising Kindergartener is physically, socially, emotionally, and intellectually prepared for success in Kindergarten. To do this, children need a strong foundation in the following five skill areas.

#### Kindergarten-Ready Skill Areas



##### LANGUAGE SKILLS

Knowing the alphabet and learning to write helps kindergartners further develop language skills, a key to reading and communicating.



##### MATH SKILLS

Identifying colors, patterns, and shapes and basic counting are key to developing harder math skills.



##### EMOTIONAL & SOCIAL SKILLS

Learning to name and express feelings helps young students manage their emotions.



##### LEARNING SKILLS

A child's curiosity, creativity, and problem-solving skills are how they learn new things.

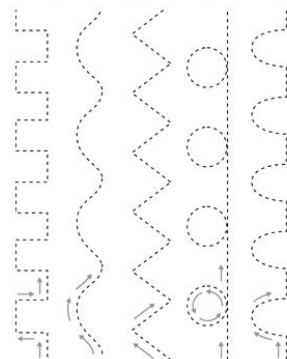


##### SELF-HELP & MOVEMENT SKILLS

These skills help kindergartners develop writing skills, strengthen their bodies, and grow in confidence and self-esteem.

### Practice Tracing

Color the pictures. Trace the line down the path. Who do you think will win the race? Why?



Ready, Set, **KINDERGARTEN!**

### I Can Say How I Feel!

Point to the face and name the emotion.



Mad



Happy



Nervous



Sick



Surprised



Sad



Excited



Tired



Love

Ready, Set, **KINDERGARTEN!**

Also available  
in Spanish!

Download at:  
[chatt2.org/kready](http://chatt2.org/kready)

# BOOKLET CONT. Children's Cabinet Chair Intro Letters (Mayors and Superintendent)



## Message from the Hamilton County Schools Superintendent and Office of Early Learning

Welcome to Kindergarten! Hamilton County Schools is thrilled to support you and your child as you embark on this exciting journey. Our Kindergarten educators take great pride in being the first teachers in a child's formal education. Throughout the year, teachers will focus on developing your child's academic, emotional, and social skills.

We recognize children entering Kindergarten have varying skill levels, and our teachers are equipped to support a wide range of abilities and learning styles. Kindergarten is a period of significant growth and change. Your child will learn fundamental skills in reading, writing, and math, as well as practice personal responsibilities like putting on their own coats and washing their hands. Additionally, they will learn social skills, including sharing and following instructions. We are excited to support your student as they gain independence and confidence.

At Hamilton County Schools, we are dedicated to the success of every student, starting in Kindergarten. We are committed to and invested in your child's future. Our teachers strive daily to ensure all children will thrive and experience a future without limits. Every effort we make together invests in the future of our children, our community, and our future.

**Welcome to Hamilton County Schools, and welcome to Kindergarten!**

With Care and Commitment,

Dr. Justin Robertson  
HCS Superintendent



HAMILTON COUNTY, TENNESSEE  
OFFICE OF THE COUNTY MAYOR  
WESTON WAMP

Dear Hamilton County Parents,

There's nothing quite like the first day of Kindergarten. As a parent of five young children, I know how exciting and stressful it can be.

While being a father comes with its challenges, it's the most honorable title I hold. Hearing about my children's day at school gives me hope for the future of Hamilton County. I would encourage each of you to take an active interest in your child's education, knowing the quality of their education will predict the life they choose to pursue beyond high school.

Preparing our students to be next generation's great leaders starts in these classrooms. I know Hamilton County's next best entrepreneur, educator, doctor, or legislator is in one of these classrooms.

I encourage parents and young children to embrace this exciting time of transition with enthusiasm and curiosity. Kindergarten is a time of big changes and new experiences, and it is normal to feel a mix of emotions. Remember that you are not alone on this journey—our entire community is here to support you every step of the way.

Sincerely,

Weston Wamp  
Hamilton County Mayor

625 GEORGIA AVENUE, SUITE 208 • CHATTANOOGA, TN 37402 • PHONE: (423) 209-6100



City of Chattanooga  
Department of Early Learning  
Mayor Tim Kelly

To the Families of Rising Kindergarten Students,

It is with great pleasure and enthusiasm that I invite you and your family to take a journey with our community toward getting ready for Kindergarten. We are excited to pledge our partnership and support of Chattanooga 210 Kindergarten-Ready booklet.

The City of Chattanooga has taken the stance that "Every Chattanoogan deserves the opportunity to succeed and thrive, regardless of place, race, or identity." In doing so, the City created the Department of Early Learning which includes several initiatives to support education including:

- Expanding access to early learning for all families
- Integrating our early learning programs from prenatal care to kindergarten
- Training the next generation of excellent early learning professionals
- Partnering with Hamilton County Schools to provide high-quality learning opportunities and services for families
- Making Chattanooga an investment-ready early learning model for the nation

Here in the Department of Early Learning, we recognize that a successful journey in life begins with a strong foundation. And that starts with quality early learning exposure in preparation for kindergarten. Data shows us that children and families in underserved minority communities are less likely to have equitable access to high-quality early learning resources and family supports in places that have a positive influence on long-term quality of life. The outcomes of such deficits result in more than 60% of children entering kindergarten without the skills to be successful.

The Department of Early Learning is dedicated to the safe and healthy development of our city's most valuable assets: our children. We are committed to creating a system that fosters every child's ability to thrive and learn to reach their highest potential. We promote, support, and optimize early childhood development by enhancing the fundamental skill development of our youngest residents. We work to broaden and deepen opportunities and experiences for Chattanooga families and children by strengthening early foundations for little learners and leading sustainable efforts to aid them as they matriculate through their primary and secondary education journey.

We pride ourselves as the home of all things Cradle to Career within the City of Chattanooga government. Our work spans four divisions: AmeriCorps Seniors ( Foster Grandparent) Program, Community Forward Program, Office of Early Learning, and Chattanooga Head Start/Early Head Start Programs. We are also home to several signature programs like Seniors for Success, BASICS Chattanooga, and Early Learning Provider Cafes, just to name a few.

A high priority of the Department of Early Learning is to work toward expanding the existence of high-quality early learning opportunities in underserved communities to empower families with children ages 0- 8 to pursue a successful existence in our community. We provide public investment, expertise, and leadership to put resources into the hands of those who nurture and educate our children. We aim to prepare the next generation of future-ready learners.

To learn more about the City of Chattanooga's Department of Early Learning, visit our website at <https://chattanooga.gov/early-learning>

Let's get READY for Kindergarten..... The journey begins now!

Sincerely,

Mayor Tim Kelly  
City of Chattanooga

501 West 12th Street, Chattanooga, TN 37402 • Office: (423) 643-6401 • Fax: (423) 643-6437



# BOOKLET

## Self-Care for Adults

As your child's most influential role model, you will lead your child in either good or bad habits. So it's important to instill respect for health and safety, which includes taking care of your own self! This lesson you model can carry over into other aspects of their lives and benefit them for years to come.

### Tips for Adult Self-Care:

- **Take a break.** It's OK to tell your child that you need a moment to calm your own big emotions. Model how you take time for yourself by stepping into the next room and practicing your favorite calming strategy.
- **Box breathing.** Breathe in for 4 seconds, hold your breath for 4 seconds, breathe out for 4 seconds, hold your breath out for 4 seconds. Repeat.
- **Sleep.** Easier said than done for busy parents, but attempt to get at least the recommended 7 hours of sleep per night.
- **Sunshine.** Taking a walk outside in fresh air and sunshine can lift your mood and boost vitamin D.
- **Dance.** If you feel yourself getting frustrated with your child's developmentally appropriate behavior (like whining), turn on your favorite song and dance like no one's watching. It will make you feel better, and chances are, it will also catch your child's attention enough that they want to join in.
- **Have grace.** It's important to be kind to yourself. It's ok to feel frustrated or scared sometimes. You are doing the best you can and tomorrow is a new day.

If your child is exhibiting challenging behaviors and you want help, visit [TN Voices](https://www.tnvoices.org) for free virtual Parenting Solutions classes. They provide tips and strategies for how to mitigate behaviors before they start, while also taking care of yourself. [TNVOICES.org](https://www.tnvoices.org)

Taking care of young children can feel like a 24/7 job. Asking for help can be challenging, but **utilizing your support systems** like extended family, church communities, or friends to take breaks can help. If the struggle feels more constant, reaching out to your doctor or a mental health professional may provide concrete tools to cope or medical support.

Once you start your Kindergarten journey, there are many partners in your child's education within the **school** and the **district** to help you along the way. If there's ever anything you need, reach out to your child's school to be connected to helpful resources.

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## Health and Nutrition

A healthy start to Kindergarten can help give your child a solid foundation for the rest of the school year. Meeting new friends and learning new things is easier when children are well-rested and have had their hearing and vision checked before the start of school. If you've unsure if your child has had the proper immunizations or health screenings, contact your pediatrician.

### WAYS TO SUPPORT A HEALTHY FOUNDATION AT HOME

- **Prioritize Sleep.** Rising Kindergarteners need 9 to 11 hours of good-quality sleep to get them through the day. Kindergarteners should take naps at school. Good sleep habits are important for children as they get ready to learn. Minimize caffeine, sugar, and stimulating activities like TV, computer/tablet use or video games before bed.
- **Eat breakfast.** Kids who eat breakfast have more energy and better concentration.
- **Try new foods together.** You can work to eat a rainbow of colors every day. Fruits, vegetables, meats, dairy products, and grains are important foods for your children. Limit candy, juices, and fatty foods.
- **Eat together.** Schedules get busy, but when you can, eating family meals together has many lifelong benefits for children and provides the opportunity for conversation (which is a major brain booster)
- **Get moving!** Encourage daily outdoor playtime to give children opportunities for physical activity and energetic movement.
- **Water does wonders!** Water improves oral health, energy, and your child's ability to focus.
- **Wash hands.** Encourage kids to wash their hands after going to the toilet, before eating, and whenever hands get dirty. Proper handwashing should take about the same amount of time it takes to sing "Row, Row, Row Your Boat" or "Happy Birthday."
- **Check in.** Rising Kindergarteners can have big feelings - that is a fact. Check-in with your

## Bedtime Routine

We wake up in the morning on school days at  :  **AM**



Which means our bedtime for a full 8+ hours of sleep each evening is  :  **PM**

Circle the parts of your bedtime routine. Which step comes first? Which is last?

**DID YOU KNOW?** Kindergarteners do not take naps during the day.



**SING A SONG**



**GIVE A HUG**



**BRUSH MY TEETH**



**READ A BOOK (Or tell a story)**



**BLOW A KISS**



**USE THE BATHROOM**

**TAKE A DRINK**



**PREPARE CLOTHING FOR TOMORROW**



## A Healthy Start to School!

Color and name these healthy foods that will help you grow strong!



APPLE



BROCCOLI



CARROT



GRAPES

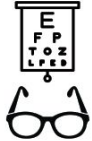
Color each of these healthy activities you should do before Kindergarten.



Visit the dentist



Hearing Test



Eye doctor

Ready, Set, **KINDERGARTEN!**

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# See you in August!

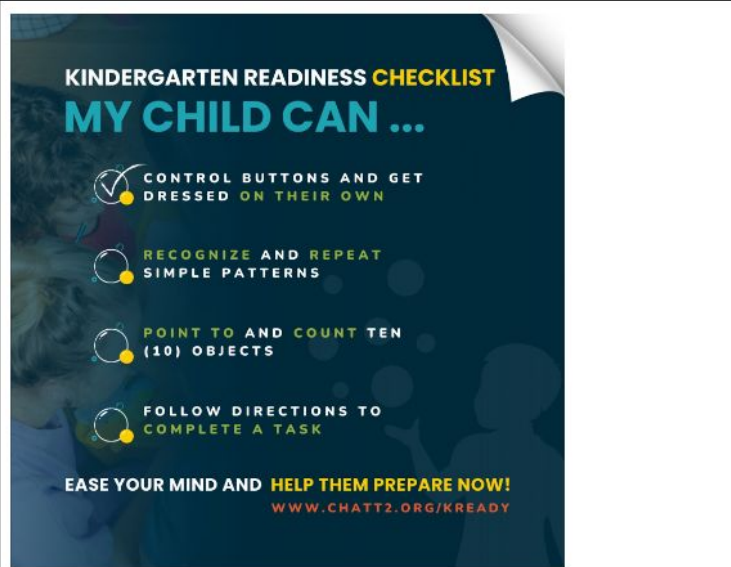


[chatt2.org](https://www.chatt2.org)/Kready

**Early Matters**  
AN ACTION TEAM OF CHATTA NOOGA 20



# SOCIAL AD CAMPAIGN



Chattanooga 2.0 has a FREE Kindergarten Readiness Checklist & Guidebook that you can use to prepare your little one(s) for Kindergarten: <https://chatt2.org/KReady/>

Remember, family are their first teachers—use these tools to ensure your child is prepared for success in kindergarten and beyond today!

#KindergartenReadiness #ReadySetKindergarten



- 95% of the 2,850 social media engagements coming from the Hamilton County geography.
- Visits to website: 4k +



# BILLBOARDS AROUND TOWN

**CAN YOUR 4-YEAR-OLD  
CUT WITH SCISSORS?**

Explore this and other skills needed for

**KINDERGARTEN**

at [Chatt2.org/KReady](http://Chatt2.org/KReady)



CHATTANOOGA CHAMBER  
FOUNDATION CHATTA  
NOOGA 2.0

**CAN YOUR 4-YEAR-OLD  
PUT TOGETHER A PUZZLE?**

Explore this and other skills needed for

**KINDERGARTEN**

at [Chatt2.org/KReady](http://Chatt2.org/KReady)



CHATTANOOGA CHAMBER  
FOUNDATION CHATTA  
NOOGA 2.0

**CAN YOUR 4-YEAR-OLD  
DRAW SHAPES?**

Explore this and other skills needed for

**KINDERGARTEN**

at [Chatt2.org/KReady](http://Chatt2.org/KReady)



CHATTANOOGA CHAMBER  
FOUNDATION CHATTA  
NOOGA 2.0

**CAN YOUR 4-YEAR-OLD  
NAME THEIR COLORS?**

Explore this and other skills needed for

**KINDERGARTEN**

at [Chatt2.org/KReady](http://Chatt2.org/KReady)



CHATTANOOGA CHAMBER  
FOUNDATION CHATTA  
NOOGA 2.0

**CAN YOUR 4-YEAR-OLD  
COUNT TO 30?**

Explore this and other skills needed for

**KINDERGARTEN**

at [Chatt2.org/KReady](http://Chatt2.org/KReady)



CHATTANOOGA CHAMBER  
FOUNDATION CHATTA  
NOOGA 2.0

**CAN YOUR 4-YEAR-OLD  
DESCRIBE THEIR EMOTIONS?**

Explore this and other skills needed for

**KINDERGARTEN**

at [Chatt2.org/KReady](http://Chatt2.org/KReady)



CHATTANOOGA CHAMBER  
FOUNDATION CHATTA  
NOOGA 2.0

**Early  
Matters**  
AN ACTION TEAM OF CHATTA  
NOOGA 2.0



# PARTNER COLLABORATIONS

Creative Discovery Museum, Head Start, and HCS Kindergarten Night



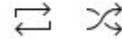
## POSTERS



## YOUTUBE PLAYLIST

### Ready, Set, Kindergarten Skills

Chattanooga 2.0 - 1 / 4



Ready, Set, Kindergarten Skills: Chattanooga Library Rhyming with Mis...  
Chattanooga 2.0



Ready, Set, Kindergarten Skills: Tucker Turtle with TN Voices  
Chattanooga 2.0



Ready, Set, Kindergarten Skills: Emotional Regulation with HCS  
Chattanooga 2.0



# PARENT & CHILD CARE FEEDBACK

- March Survey of parents
- May webinar with private Pre-K teachers
- Trainings of HCS Pre-K Teachers
- July focus groups of rising Kindergarten parents to adjust campaign materials

## PHASE II: Transition to K

- PTA and Parent Survey
- Videos to help parents as they enter the school system

# THE BASICS CHATTANOOGA

Hosted by the City of Chattanooga Department  
of Early Learning

To build K-Ready skills for children younger than 4:

# THE BASICS CHATTANOOGA



[www.chattanoogabasics.org](http://www.chattanoogabasics.org)



**MAXIMIZE LOVE & MANAGE STRESS**  
Children need your love and affection to be stress-free.



**TALK, SING, AND POINT**  
Help children learn new vocabulary while bonding with you.



**COUNT, GROUP, AND COMPARE**  
Children are born ready to learn math concepts.



**EXPLORE THROUGH MOVEMENT & PLAY**  
Children observe and learn their surroundings in play.



**READ & DISCUSS STORIES**  
Help children develop a love for reading by doing it with them.



## BRAIN-BUILDING BASICS BY AGE

	<b>Maximize Love, Manage Stress</b>	<b>Talk, Sing, and Point</b>	<b>Count, Group &amp; Compare</b>	<b>Explore through Movement &amp; Play</b>	<b>Read &amp; Discuss Stories</b>
0-12 Months	Care for yourself; Hold, cuddle, snuggle	Narrate your day, even if it feels odd	Play Music	Peek-a-boo	Read Stories
1-2 Years	Encourage	Point to and name objects	Count toys	Build with toys	Play with board books
2-3 Years	Respond to questions	ABC song	Name colors	Pretend Play	Help turning pages
3-4 Years	Talk about / name feelings	Basic rhyme songs	Match and Sort	Play with Play-Dough	Ask questions about stories
4-5 Years	Involve	Ask questions	Look for shapes	Jump & balance on one foot	Tell their own story

# QUESTIONS?

**THANK YOU**