

# NEWS RELEASE

For Immediate Release

Date: August 31, 2009

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## Smart Start to offer Kindergarten Readiness Kit in September

Before you know it your child will be starting kindergarten! The transition into kindergarten is a milestone for children and parents alike. Smart Start of Davidson County would like to help you make sure that your child gets off to a wonderful start in school.

“There is some very important information that parents need to be aware of” says Linda Leonard, Executive Director of Smart Start of Davidson County. “Parents should start talking about kindergarten with their children sooner rather than later; this will help children feel less nervous about the big day.”

Gerry Cobb, director of the Smart Start National Technical Assistance center agrees and adds that “Parents should also know that school readiness is not about a 5-year old walking into kindergarten knowing how to read and add. Those kinds of expectations put undue stress on parents and can overwhelm children.” The School Readiness Kit offers more appropriate ideas for parents and children.

In our Kindergarten Readiness Kit we have included some fun and convenient resources to help parents prepare their 4 or 5 year olds to start school next year. The kit will include:

- **‘Ready, Set, Go: A Journey to Kindergarten Calendar’**: A monthly guide starting in September that shows how to turn everyday activities into learning opportunities for children.
- **School Readiness, Starting Your Child Off Right**: A checklist for parents containing information on Health and Physical Development, Social and Emotional Development, Approaches to Learning, Communication Skills, Thinking and General Knowledge.
- **‘The Night Before Kindergarten’**: This wonderfully animated book joins the kids as they prepare for kindergarten, packing school supplies, posing for pictures, and the hardest part of all-saying goodbye to Mom and Dad. But maybe it won't be so hard once they discover just how much fun kindergarten really is!

We invite you to stop by our resource room at Smart Start of Davidson County at 235 East Center Street in Lexington and to obtain your free School Readiness Kit. During your visit please ask about our lending library of children's book, toys and fun learning materials for check out.