



PARENT PLEDGE



I am my child's first teacher! I will support my child, _____, to build the skills required for success in school and life. I will:

(Child's Name)

1. Bring my child to school every day.

- Attending school on a regular basis helps my child expand his/her knowledge and skills.

2. Stick to a daily routine.

- A predictable and consistent schedule helps my child to feel secure. Daily routines help my child understand what is expected of him/her and reduces the frequency of behavior challenges such as tantrums.

3. Provide my child with nutritious and healthy snacks.

- Healthy food helps children to grow and learn. I will allow my child to help plan, shop for, and prepare healthy meals. I will talk about the meals eaten at school and encourage my child to try new foods.

4. Keep my child physically active.

- Regular exercise helps my child build strong muscles and bones, prevents childhood obesity, and increases my child's self-esteem.

5. Read to my child each day.

- Reading to my child helps him or her to build vocabulary, recognize words in print and develop a love for reading. When I read to my child, I will encourage him/her to ask questions and discuss the story.

6. Listen and talk to my child and be curious about his or her discoveries.

- Simple conversations help build vocabulary and my child's ability to express his or her self. I will ask open-ended questions and listen to my child's responses.

7. Make sure that my child gets enough sleep each day.

- Toddlers need between 12-14 hours of sleep each day and preschoolers need between 11-13 hours of sleep, including nap times. Lack of sleep can affect my child's growth, impact motor skills and concentration and lead to poor performance in school.

8. Play Learning Games and Activities with my child.

- Playing supports my child's academic, physical, and social-emotional skill development. I will play games, explore, and try new activities with my child.

9. Take my child to the dentist and doctor for regular exams and complete any needed treatment.

- Regular visits ensure that my child's medical and dental needs are met and provide me the opportunity to ask questions about my child's behavior or development.

10. Volunteer in my child's classroom.

- When I am involved in my child's school, I learn more about what my child is learning and I have better communication with the school staff.

Parent Signature

Date

Teacher Signature

Date