



# 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