



2022 CALENDAR FOR CARING **PARENTS**



United Way of Southern Kentucky

WELCOME!

STARTING KINDERGARTEN IS SO EXCITING!

The calendar contains:

- Ideas for fun things to do that will help your child get ready for day one
- Kindergarten registration and other school information
- Books every child should hear before starting school
- Listing of local libraries
- Pictures and information about local children of all ages who represent the future of our community



Important things to know:

All children are different and learn at their own pace. This calendar will help you plan activities that will help your child grow in the skills needed to start kindergarten. Children do better in school if they know more than just letters, numbers, colors, and shapes. They should have good social and physical skills, and enjoy learning new things. Use this calendar as a guide as you work with your child to build those skills and get ready for kindergarten.

Having fun is an important part of learning! Your child learns best when doing fun and interesting things with you!

This school readiness calendar was developed by United Way to help you and your child get ready for that special time - kindergarten!

For more information about Kindergarten Readiness, log onto: MyChildlsReady.com

NEARLY 50% OF LOCAL CHILDREN AREN'T READY FOR KINDERGARTEN ON DAY ONE.

Is Your Child?

The first day of kindergarten is one both parent and child will never forget! But, how do you know if your child is ready to step foot inside a classroom on the first day? And what does it even mean to be truly READY? Is your child one of the nearly 50% who will begin their education unprepared? All of these worries can have any good parent asking themselves...

Is My Child Ready?

Let United Way put your worries to rest - we're here to help! You've already proven that you are an AMAZING parent who is willing to do what it takes to ensure that your child has THE BEST start to a successful future just by using this calendar! Now, let's take a look at how we can help you do even more to invest in the future success of your child!

Step 1: Let's find out how prepared your child is to begin school ready to succeed as of today. Log onto **MyChildIsReady.com** to take the kindergarten readiness test to assess how prepared your child is today.

Step 2: Now, let's explore four EASY ways that you can help make sure your child is READY ON DAY ONE. Use the links found at MyChildIsReady.com to find more information on why it is important to READ, PLAY, COUNT, and LOG-OFF with your child. You will also find information on how you can easily incorporate these activities into your everyday lives and suggestions on how to track your child's progress in each area.

Step 3: Use the tips and activities found in the Calendar for Caring Parents for reading, playing, counting, and logging off to continue your path towards Kindergarten Readiness throughout the year!



MAKE EVERY DAY A "LEARNING DAY" WITH YOUR CHILD!



KINDERGARTEN READINESS CHECKLIST

Good Health and Physical Well-Being - My child:

- Eats a balanced diet
- · Gets plenty of rest
- · Receives regular medical and dental care
- · Has had all the necessary immunizations
- Runs, jumps, plays outdoors and does other activities that provide exercise and help develop large muscles
- Scribbles, colors, paints and does other activities that help develop small muscles

Social and Emotional Preparation - My child:

- Is learning to explore and try new things
- · Is learning to work well alone and to do many tasks independently
- Has many opportunities to be with other children and is learning to cooperate with them
- Is curious and motivated to learn
- · Is learning to finish tasks
- Is learning to use self-control
- · Can follow simple instructions
- · Helps with family chores
- Is learning to use words to identify and express emotions

Language and General Knowledge - My child:

- · Has many opportunities to talk and listen
- Is read to every day
- · Has access to books and other reading materials
- Is learning about print and books
- · Has television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write his/her name and address
- Is learning to count and plays counting games
- · Is learning to identify and name shapes and colors
- Has opportunities to draw and to be creative
- Has opportunities to listen to and make music and to dance
- Has opportunities to get first-hand experiences and to do things in the world
 - to see and touch objects, hear new sounds, smell and taste foods

Visit MyChildIsReady.com to take the online test!





JANUARY

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						New Year's Day PLAY: Do a dance along video from the internet!
2	3 TALK: Discuss some goals you and your child want to set for the month.	4	5 COUNT: Count up in even numbers as high as you can go!	6	READ: Look for the letter A in a magazine. Let your child circle all the J's.	8
9	10 READ: Read a book about snow!	11	12 LOG-OFF: Make a snowflake with paper and color it.	13	14	15 READ: Read a poem with your child.
16	17 Martin Luther King Jr. Day	18	19 LOG-OFF: Look at a map with your child and name the states!	20	21 LOG-OFF: Talk with your child about what they are grateful for.	22
23	24 LOG-OFF: Come up with a story with your child.	25	PLAY: Play 26 hide-n-seek with your child!	27	28	29
30	31	winter! Clea	our kids physically ac r some space in your nusic and dance, and	home for active	GRAVES GILBERT CLINIC	LIVE UNITED United Way United Way of Southern Kentucky



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	TALK: Ask your child what they enjoy most about school.	4	5 READ: Find a book on sign language and practice with your child.
PLAY: Play a matching game with your child.	. /	8	9 COUNT: Count as many things in your house that are square shaped.	10	TALK: Discuss with your child what it means to be a good friend.	12 LOG-OFF: Use different art supplies to make Valentine's Day cards with your child.
13	Valentine's Day READ: Sing the Alphabet with your child in a silly voice.	TALK: Talk about your family tree with your child and help them draw it.	16	PLAY: Create a scavenger hunt for your child.	18	19
20 COUNT: Have your child count all of the letters in their name.	21 Presidents' Day	22	PLAY: Dentist, help them understand why the dentist is important.	24	25 READ: Learn a new song!	26
27	28 LOG-OFF: Teach your child about rainbows and then have them draw one.					

Studies show that eating breakfast has a positive effect on cognitive performance. A balanced breakfast of protein and complex carbohydrates has been shown to be important for brain function and maintaining a steady level of energy throughout the day.







2022

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		READ: Sing the alphabet as SLOW as you can!	2	3	LOG-OFF: Make flowers using paper and pipe cleaners.	5
TALK: Talk to your child about hygiene and why it is important.	7 PLAY: Find some puddles outside to jump in!	8	9 READ: Read about family!	10	COUNT: Count all of the different colors you see in your house.	story about
Daylight Savings Time Begins LOG-OFF: Write a song about your favorite things.	14	15	16 COUNT: Make the number 3 out of objects in your house.	17 St. Patrick's Day PLAY: Pretend to be vets and fix up some of your sick stuffed animals.	18	TALK: Ask your child what family means to them.
20	21 LOG-OFF: Teach your child about all the different coins and how much they are worth.	22 PLAY: Play Go Fish!	23 READ: Read a book about spring with your child!	24	25 COUNT: Count backwards from 15!	READ: Spread out shaving cream on a counter and have your child write letters.
27	28	29 READ: Read a book about flowers.	30	31 COUNT: Count up in odd numbers as high as you can go.		
						LIVE INITED

HEALTH TIP:

If your child has to squint or strain to see the front of the classroom, it could show up as headaches during the day, poor school performance, or even behavioral problems. Schedule annual vision screenings to prevent these problems.









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					READ: Flip through a magazine and have your child point out as many "A's" as they can find.	2
3	4 PLAY: Jump rope!	TALK: Talk to your child about confidence and ask them what makes them feel confident.	6	7 TALK: Talk to your child about confidence and ask them what makes them feel confident.	8	PLAY: Dress up and make up a skit!
TALK: Talk about the importance of having a routine with your child.	READ: Ask your child what their favorite book is and have them explain the plot to you.	12	13 COUNT: Teach your child how to sign numbers 1 through 5.	14	PLAY: Decorate Easter eggs with your child.	16
PLAY: Hunt for Easter Eggs with your child.	18	19 LOG-OFF: Make a dream catcher with your child.	20	21	READ: Cut out letters from a magazine to spell out your child's name.	23 COUNT: Count the number of people you have in your family.
24 READ: Read a book about stormy weather.	: 25	TALK: Talk to your child about how flowers come in the spring when it rains.	to the age of your child and then	28	29	30 Make your own pizzas for dinner!
	TID.				• GRAVES	LIVE UNITED

Getting enough sleep is critical for a child to be successful in school. Set a consistent bedtime and routine for your child and stick with it every night. A calming bedtime routine may involve a bath or shower, turning off electronic devices, and reading with them.







2022

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LOG-OFF: Plant seeds with your child and watch them grow!	MAY! Write May in block letters and	: 🚣	5 Cinco de Mayo	TALK: Talk with your child about the importance of going to the doctor.	7
8 Mother's Day LOG-OFF: Teach your child how to sign "I Love You" in Sign Language	9	10	COUNT: Write the number 7 and have your child draw 7 pictures around it.	PLAY; Have a drawing contest with chalk.		14
15	16	17 READ: Read a book about clouds!		19	20	21
22 COUNT: Collect 10 items from around the house and order them smallest to largest.	25 United Way Born Learning Trail nearby	24	25	26	27 LOG-OFF: Do a good deed for a neighbor!	28
29	30 Memorial Day TALK: Ask your child what they are looking forward to for the summer.	your child.	6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6			
	9 4	:	* * * * * * * * * * * * * * * * * * *	:	0 0 0	e e

HEALTH TIP:

Watch for signs of anxiety and stress! Between homework, tests, and social pressures kids can face a lot of stressful situations every day. Help them identify things in their life that they can control, like what they wear and how they spend their free time. Also help them learn what helps them de-stress.







June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			PLAY: Try a new card game.	READ: Circle all of the words on a page in a magazine that start with J.	3	COUNT: Look at the weather forecast for the week.
TALK: Talk about your family tree with your child.	: 6 new book!		8	PLAY: See who can jump the highest.	10 COUNT: Count all the ages of your family members.	11
12	13 PLAY: Tic-Tac-Toe!	74 READ: Read a Berenstain Bears book.	15	16 LOG-OFF: Collect some old toy, books, and clothes to donate.	17	18 COUNT: Outline your child's hands and have them count their fingers and then color them.
19 Father's Day	20	TALK: Ask your child who their role model is and why.	22 COUNT: Count all of the trees around your house.	: 7 3	24 PLAY: Go fishing with your child.	25
26 READ: Go to your local library and check out a new book.	27 COUNT: Count how many days are in the month of June.	28	29	30		
					4 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	

HEALTH TIP:

Stay hydrated, especially in the Summer! Children should be drinking at least 5-9 glasses of water every day. Teach your child the importance of staying hydrated and get your child in the habit early on by scheduling frequent water breaks during activity, about every 20 minutes in hot weather.







July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					COUNT: Count up in ODD numbers as high as you can go.	2
3	4 Independence Day PLAY: Go out and kick or throw a ball in the yard!	5	TALK: Ask your child what their favorite season is and why.	7	READ: Create a skit with your child and perform it for a family member.	9
10	11	12 COUNT: Count down from 15 in a silly voice.	13	LOG-OFF: Have your child make a card for a family member or friend.	15	READ: Go on a walk and read all the street signs you pass.
17	PLAY: Do an activity outside that involves water.	19	20	21	22	PLAY: Play a matching game with your child.
24 COUNT: Count all the items in your kitchen that are yellow.	25	26 READ: Have your child act out a book as you read it out loud.	27	28 TALK: Discuss the importance of being kind to others with your child.	29	30
31	conducive to	TIP: w school year starts, credoing homework. Sche and make sure that ho	dule a consistent time	for homework to	GRAVES GILBERT CLINIC	United Way United Way of Southern Kentucky



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	COUNT: Count the days in the month of August.	backpack with your	book about being a friend.		5 PLAY: See who can balance the longest on one foot.	6
7 "PLAY: Trace your child with chalk and have them decorate themselves."	8	READ: Draw 5 things that start with the letter T. "	10	LOG-OFF: Go outside and have a race.	12	13 TALK: Talk with your child about the importance of taking care of your teeth.
14	READ: Go for a walk and find the letter S.	16	17 COUNT: Count all of the triangles you can find in your house.	18	READ: Print out the lyrics to your child's favorite song and sing along to the lyrics.	20
21	22 LOG-OFF: Make a vision board with your child by cutting out words and pictures from magazines.	/ 5 many coins as	24	PLAY: Go outside and use leaves, rocks, etc. to build a fairy house.	26	27
PLAY: Imagine your backyard is a zoo and pretend to be different animals.		30	TALK: Talk to your child about school and what they enjoy most about it.			

Before returning to school, schedule yearly wellness visits for your children to stay up to date on boosters and immunizations recommended for each age. Physicals are also required for sports and extracurricular activities, so consult with your pediatrician to keep your child healthy and involved.







September

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 READ: Read a book about starting school.	TALK: Ask your child what their favorite thing to draw is and why.
4	5 Labor Day COUNT: Teach your child how to count up to 5 in Spanish.	PLAY: Play "Night at the Museum"!	7 LOG-OFF: Watch a video online about how plants grow.	8	9	COUNT: Count up by 3's as high as you can go.
READ: Have your child read the rules to their favorite game.	PLAY: Put an egg on a spoon and see who can walk the farthest without dropping it.	13	14	15 READ: Try spelling your name backwards.	16 TALK: Ask your child what their favorite show is.	17
18	COUNT: Count down from 20 in a silly voice.	20 PLAY: Pretend to be a fire fighters.	21	22	23	24 LOG-OFF: Go for a walk around your neighborhood.
25 LOG-OFF: Create a family tree with your child.	26	27	28 COUNT: Count all of the circles you see in your house.	29 READ: Read a book about puppies!	30	
					4 9 4	

HEALTH TIP:





Make sure your child's backpack is not too big or heavy for them. It should be 5%-10% of their body weight. Ensuring your child's backpack is the right size will help with their growth.



2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						7
READ: "0" is for October! Find as many 0's as you can in your pantry.	3	TALK: Ask your child about something they are looking forward to this week.	5 COUNT: Go for a walk and as many leaves you can that you see on the ground.	6 LOG-OFF: Carve or paint a pumpkin with your child.	7	8
COUNT: Go for a walk and count all of the pumpkins you see.	10 Columbus Day READ: Read a book about Halloween!	PLAY: Play Charades!		13 TALK: Ask your child what they want to be for Halloween and why.	14	15 PLAY: Play dress-up with your child and have them dress up like you!
16	17	18	19 COUNT: Count all of the corners in your house.	20	21 LOG-OFF: Find a local organization you could volunteer at with your child.	22
23 READ: Read a book about a pumpkin patch!	24 LOG-OFF: Do a dance-along-video from the internet.	25	26	27 TALK: Ask your child about their friends and what they like about being friends with them.	28 can make the funniest face!	29 COUNT: Count everything in your house that is purple.
30	31 Halloween COUNT: Count your candy!"	vaccinations. To creat	community healthy by get e a painless flu shot expe	rience, prepare your	GRAVES GILBERT CLINIC	United Way United Way United Way of Southern Kentucky

child by explaining the process, bring a familiar toy to ease nerves, ask

process, and have a treat to provide a positive end to the experience.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7	2 COUNT: Measure how tall your child is and explain to them what their height means.	PLAY: Play restaurant with your child.	4	5
Daylight Savings Time Ends READ: Spell your child's name and have them trace the letters.	7	Election Day TALK: Ask your child what makes them happy.	9	10	Veterans Day COUNT: Teach your child how to sign the number 11 in American Sign Language.	12 LOG-OFF: Make a Thankfulness Jar with your child.
13	74 COUNT: Count all of the different colors you see in your child's bedroom.	15	16 READ: Read a book about turkeys!	PLAY: Make an obstacle for your child.	18	19 COUNT: Add of the ages of your family members.
20	21	22 LOG-OFF: Call your child's grandmother to say hello!	23	24 Thanksgiving Day TALK: Talk with your child about the importance of good hygiene.	25	26 PLAY: Find a new board game to play.
27	28 READ: Draw three different pictures that start with the letter "N".	29	30			

Layer up, especially when waiting for the bus! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck, and hands are covered.







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
READ: "D" is for December! Find the letter D in a book.	5	6	7 TALK: Ask your child what they want for Christmas.	8	9 LOG-OFF: Make a craft out of cotton balls.	PLAY: Make a snowman out of clay or Playdough!
11	12 READ: Read a book about giving to others.	13	74 PLAY: Hide-n-Go Seek!	15 COUNT: Count all of the doors and windows in your house.	16	17
COUNT: Bundle your child up for the cold weather and count how many layers they have on.	19	20 COUNT: Count the wheels on the cars.	21 TALK: Talk to your child about the importance of giving to others.	22	23	24 Christmas Eve READ: Read a book about snowflakes!
25 Christmas Day	26	27 LOG-OFF: Help your child tidy up their toys.	28	29	TALK: Talk to your child about the new year and things they want to achieve.	31 New Year's Eve
	- - -	· •			4:	

Although the sun's rays might not be as strong in the winter as they are in summer, they can still help increase Vitamin D which helps create strong bones, so try going for walks or hikes when it isn't too cold.





KINDERGARTEN REGISTRATION INFORMATION

All parents/legal guardians of children who will be five years of age on or before September 1 are encouraged to register their children for kindergarten. Early registration begins as early as March 1 for some schools. Check with your local school district for your kindergarten registration information.

In most cases, the parent/legal guardian will need to bring the following for kindergarten registration:

- Child's official birth certificate (with raised seal)
- Proof of residency (required for all registrants) copy of signed mortgage, contract to build or lease agreement showing the owner/resident's name and address or utility bills which have the name and address of the resident

All students entering kindergarten must provide documentation of a current physical examination, including eye exam and dental exam, PRIOR to starting school. Incoming students are also required to submit a current KY Immunization Certificate.

It is recommended that you make your child's appointments for a kindergarten physical, eye and dental exam by April or even earlier! Students who do not have physical and dental exams by the first day of school may not be allowed to attend school.

BOOKS TO READ ABOUT THE FIRST DAY OF SCHOOL

- Wemberly Worried by Kevin Henkes
- The Kissing Hand by Audrey Penn
- First Day Jitters by Julie Danneberg
- My Name Is Yoon by Helen Recorvits
- · Chrysanthemum by Kevin Henkes
- School's First Day of School by Adam Rex
- David Goes to School by David Shannon
- A Bad Case of Stripes by David Shannon



SCHOOL & LIBRARY INFORMATION

SCHOOL BOARDS

Allen County Board of Education

570 Oliver St. Scottsville, KY (270) 618-3181

allen.kyschools.us

Barren County Board of Education

202 West Washington St. Glasgow, KY (270)651-3787barren.kl2.ky.us

Glasgow City Board of Education

711 South L. Rogers Wells Blvd. Glasgow, KY (270)651-6757alasaow.kyschools.us

Butler County Board of Education

203 N. Tyler St. Morgantown, KY (270)526-5624 butlerschools.net

Edmonson County Board of Education

100 Wildcat Way Brownsville, KÝ (270)597-2101

edmonson.kl2.ky.us

Hart County Board of Education

25 Quality St. Munfordville, KY (270)524-2631

hart.kyschools.us

Caverna City Board of Education

1102 N Dixie Hwy Cave City, KY (270)773 - 2530

caverna.kl2.ky.us

Logan County Board of Education

2222 Bowling Green Rd Russellville, KY (270)726-2436

logan.kyschools.us

Monroe County Board of Education

309 Emberton St. Tompkinsville, KY (270)487-5456

monroe.kyschools.us

Russellville Independent Schools **Board of Education**

355 S. Summer St. Russellville, KY (270)726-8405 russellville.kyschools.us

Simpson County Board of Education

430 South College St. Franklin, KY (270)586-8877 simpson.kl2.ky.us

Warren County Board of Education

303 Lovers Ln. Bowling Green, KY (270)781-2392 warrencountyschools.ora

Bowling Green Independent Schools Board of Education

1211 Center St. Bowling Green, KY (270)746-2200bareen.kvschools.us

Metcalfe County Board of Education

709 W. Stockton St. Edmonston, KY (270)432-3171

metcalfe.kyschools.us

LIBRARIES

BOWLING GREEN

The Warren County Public Library 1225 State St. (270)781-4882

Bob Kirby Branch

175 Iron Skillet Ct. (270)782-0252

Graham Drive Community Library

305 Graham Dr. (270)781-1441

ADAIRSVILLE

Logan County Public Library 101 Church St. (270)539-4601

AUBURN

BROWNSVILLE

(270)597-2146

Edmonson County Library

280 Ferguson St.

Logan County Public Library 106 Spring St. (270)542-8180

Metcalfe County Public Library

EDMONTON

200 South Main St. (270)432-4981

Metcalfe County Public Library

206 Education Way, Suite 2 (270)432-4981

FRANKLIN

Goodnight Memorial Library

203 South Main St. (270)586-8397

GLASGOW

Mary Wood Weldon Memorial Public Library

1530 S.Green St. (270)651-2824

HORSE CAVE

Horse Cave Public Library III Higbee St. (270)786-1130

MORGANTOWN

Butler County Library

116 Ohio St. (270)526-4722

MUNFORDVILLE

Hart County Public Library 500 E. Union St. (270)524-1953

RUSSELLVILLE

Logan County Public Library 225 Armory Drive (270)726-6129

SCOTTSVILLE

Allen County Public Library 106 W. Public Square

(270)237-3861

SMITHS GROVE Smiths Grove Branch

II5 2nd St. (270)563-6651

TOMPKINSVILLE

William B. Harlan **Memorial Library** II5 2nd St. (270)563-6651

2022 CALENDAR FOR CARING PARENTS



1110 COLLEGE STREET
BOWLING GREEN, KY 42101
270-843-3205
LIVEUNITEDTODAY.COM

UNITED WAY OF SOUTHERN KENTUCKY THANKS THE FOLLOWING FOR THEIR SUPPORT OF THIS CALENDAR:





























2022 CALENDAR FOR CARING PARENTS



























