

Monthly Messages:
Health & Physical
Well-Being



KENTUCKY GOVERNOR'S
OFFICE of EARLY CHILDHOOD

Ready to Grow, Ready to Learn & Ready to Succeed

Ten health & physical
well-being markers
of Kindergarten
readiness.



Read about
what families can
do to help their
child.



What does school
readiness in
Kentucky look
like?



Where can I find
more resources
about Kindergarten
readiness?



Help your child
understand
the world
around them!



Click the corner of the
page to flip.