

# Change her life, and yours...

With Girl Scouts, she can go as far as her imagination will take her! And you can be there, right by her side. As a Girl Scout volunteer, you'll be the role model that shows her something new, and you get to share those memorable moments with other girls, too!

With our digital resources, training, and one-on-one support, you'll be ready to join the fun with your daughter.

**94%**

of volunteers say they've made friends volunteering with Girl Scouts

**92%**

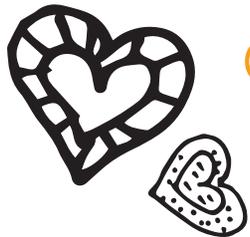
of volunteers say they've made friends volunteering with Girl Scouts

**88%**

of volunteers say the program helped them stay active

**65%**

of volunteers say being in Girl Scouts helped them professionally



# 5 Ways to Get Ready for Kindergarten

girl scouts   
of eastern iowa  
and western illinois

Visit [GirlScoutsToday.org](https://GirlScoutsToday.org) and select 'Volunteer Now' to begin!

GirlScoutsToday.org • 800-798-0833  
Info@GirlScoutsToday.org

# 5 Ways to Get Ready for Kindergarten

Starting school brings a lot of changes for both you and your child, but there are a few simple things you can do to help them start the first day of school with confidence!

**1. Prepare her for the basics.** Can she put on and take off her shoes? Zip her coat? Kindergarten is a place to play, run, climb, and learn, so dress her for ease and comfort as she learns her new space.

**2. Get to know the school.** Many schools set aside a day to let your family get familiar with the classroom, so take advantage of this opportunity or ask to schedule a visit. Beyond the classroom, show your child the hallways, bathroom, and other important places like the library and playground.

**3. Do a practice run.** A few days before school starts, set the alarm for the new wake up time, and adjust to your new morning routine.

**4. Take turns telling a story with your girl.** Tell a piece of a story, as your child listens, ask her to pick up where you left off. It's not only fun, but also develops the communication skills needed to transition to kindergarten. Also, try reading story books about kindergarten as the first day gets closer.

**5. Develop skills for making friends.** Maybe your daughter shared with a sibling or tried to cheer up someone who was sad? Let her know that she did a nice thing! And when kids aren't kind, make sure she is comfortable speaking up for herself.

## Girl Scouts will give her the confidence and skills to adjust to new situations!

### With Girl Scouts, she will:

- Discover a world full of fun experiences and new activities
- Boost her confidence and help her make new friends
- Find a safe, all-girl place to explore her interests and learn new skills

### Here's what parents and caregivers say about Girl Scouts:

