



Transition to Kindergarten

To help **CHILDREN** transition . . .

- **Visit the school.** Attend an orientation and the spring carnival at the school in the spring, play on the school playground or visit the school library over the summer.
- **Practice "cafeteria style" eating** at a local restaurant and practice opening food packages. Also, allow your child to serve himself from bowls at home.
- **Shorten your child's naptime** a few weeks before school starts.
- **Adjust your child's sleep schedule** several weeks before school begins - remember that a child needs about ten hours of sleep each night.
- **Help your child choose a school bag** and label it with his or her name. Also choose a place in your home to put things each night to take to school each day.
- **Talk about what will be familiar** at kindergarten as well as what will be new.
- **Add a family photo** to your child's book bag.
- **Be positive** - your child takes cues from you.
- **Write a letter** to the principal during the summer describing your child as a person (likes, dislikes) and as a learner. Describe the kind of teacher you hope he or she will have (no names, please).



To help **PARENTS** transition . . .

- **Recognize that you are in transition too.** Expect to feel scared and sad in addition to feeling excited about your child starting kindergarten.
- **Think through and plan** for food, transportation, and schedule changes. (When does school begin and end? What about before- and after-school care? Where is the bus stop? How much does lunch cost?)
- **Visit the school and meet the teacher.** Don't be afraid to ask if things seem confusing! Ask for a conference (by note to the teacher) as needed.
- **Talk to someone about your feelings.** School counselors often set up special times at the beginning of the year for parents with entering kindergarteners. You can check with your school system for the availability of this service.
- **Get involved!** Volunteer in your child's class, join the PTA, and volunteer in the school.
- **Remember that your attitude will determine your child's attitude.** Your positive support of school increases your child's confidence and success.