

Tips to help you get ready for the transition to Kindergarten



Before starting Kindergarten:

- Acknowledge your own feelings about the transition. It is okay to feel anxious, nervous or excited.
- Be informed as much as possible. Visit your schools website.
- Attend general information sessions/ events offered by community agencies, kindergarten orientation programs or open houses. This is a great opportunity to ask questions.
- Talk to the school about your child's strengths and needs.
- Ask the school which service provider offers the before and after school program. Register and then confirm with the provider that you have a space for September.
- Check out any school bus information at www.mybigyellowbus.ca

After starting Kindergarten:

- Have a centralized calendar where all the school information goes.
- Make a list of any questions you have around schedules, expectations, volunteer opportunities etc. and then talk to the teacher.

If you are concerned about your child's skills or needs before starting school

- Contact the school and talk about your concerns with the Principal.
- If your child is supported by the All Kids Belong program, contact your child's Resource Consultant to plan for a transition to school meeting to share pertinent information with the school.
- Provide the school with the most up to date assessments or reports.



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Getting Ready For Kindergarten

Tips and Activities

Kindergarten! ... here I come!



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Increase your child's independent skills

- Have your child check out their own books at the library and return them on time.
- Attend story times, playgroups etc. to practice sitting, listening and social skills.
- Be able to locate the front or back of a book, and turn pages.
- Provide clothes that make it easier for your child to put on and take off. Be aware of tight pants, buttons, and zippers.
- Practice opening snack and lunch containers independently.
- Try using a lunch container with multiple compartments to reduce how many containers you need or need help with at lunch time at school.
- Practice colouring and drawing lines with a variety of writing tools such as pencils, markers and crayons that are wide or skinny. Water and paint brushes can be fun too!



Help your child develop a sense of responsibility

- Practice hanging up own belongings, help clean up from meal times etc. Try using pictures to represent the jobs.
- Help pack their lunch by picking snacks.
- Play with cause and effect toys. This teaches children that their action (cause) has a reaction (effect).
- Use a visual schedule for specific tasks at home so your child can predict what their role is.



Help your child develop a sense of identity

- Help your child be able to recognize their own belongings.
 - Label all their belongings.
 - Practice recognizing their name.
 - Enlarge the first letter of your child's name if they are still working on letter recognition.
- Attach their picture to their backpack to help them to recognize it.
- Create an All About Me book to share with teachers.



Help your child develop a sense of belonging

- Have fun shopping for school supplies. Let your child help pick out their own backpack and lunch kit (offer two choices).
- Ask the school for a picture transition book so you can prepare your child for what they can expect to see at school.

Books to Read Together

The Kissing Hand
by Audrey Penn
The Berenstain Bears Go To School
by Stan and Jan Berenstain
The Night Before Kindergarten
by Natasha Wing

Over the Summer

- Practice new school routines during the summer so you are ready for September (both morning and evening routines).
- Mark off days on a calendar to get ready for September.
- Play in the school playground to familiarize your child with it.
- During the last week of August arrange a classroom visit with your school so your child can check out the classroom before everyone arrives (check with school to arrange this).
- Play games and use other toys to practice cooperation, waiting and taking turns. Don't let your child always go first.
- Talk with your child about what they did during the day, asking open ended questions that require more than a yes or no answer. Use pictures to represent choices.
- Practice wearing your backpack.
- Read books about going to school including the picture transition book that the school may have provided!

