

Transition Tips: Preschool to Kindergarten

Preschoolers Starting Kindergarten

Starting school can be exciting and a bit scary for both parents and children. Here are some tips to help your child transition smoothly from preschool to kindergarten:

- **Visit the classroom:** Arrange a visit with your child to meet the teacher and see the classroom. This helps everyone feel more comfortable. Share any allergies or special needs with the teacher or nurse.
- **Label everything:** Mark your child's backpack, lunchbox, coat, and other items. Include a nametag with your child's name, address, teacher's name, and a parent's phone number. Add the bus number if they take the bus.
- **Be positive:** Send your child off with a hug and reassuring words about when you'll see them again, like "after lunch" or "after snack."
- **Build confidence:** Celebrate their achievements and praise their efforts, e.g., "You were so brave today!" or "I'm proud of you for riding the bus by yourself!"
- **Ask questions:** Regularly talk with your child about their school day to understand their strengths and where they may need support.
- **Read school communications:** Check your child's backpack for important notes about dates, routines, and meetings to stay informed.

Read Relevant Books Together

There are many great books about starting school that you can read with your child to help prepare them. Some examples are:

- *Seven Little Mice Go to School* by Kazuo Iwamura
- *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate
- *Mom, It's My First Day of Kindergarten* by Hyewon Yum
- *Pete the Cat: Rocking in My School Shoes* by Eric Litwin



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