

Supporting Your Child's Transition to Kindergarten



Entering Kindergarten is a big change for children and caregivers. Children enter school with a wide range of skills. Your child will develop and continue to strengthen their skills throughout the school year, but there are some things you can do that will help you and your child make a smooth transition into Kindergarten. These checklists can be a guide for you during this time. Your child does not have to master all of these skills before starting school, but focusing on some of these will help you and them as they begin this new chapter in their lives.



Self-Help Skills Checklist

- | | |
|---|--|
| <input type="checkbox"/> Puts on shoes | <input type="checkbox"/> Washes hands |
| <input type="checkbox"/> Buttons/zips jacket | <input type="checkbox"/> Eats with utensils |
| <input type="checkbox"/> Buttons/zips pants | <input type="checkbox"/> Opens food containers |
| <input type="checkbox"/> Puts on hat and gloves | <input type="checkbox"/> Uses toilet paper independently |
| <input type="checkbox"/> Puts on/takes off a mask | <input type="checkbox"/> Packs backpack |



Social Skills Checklist

- | | |
|--|--|
| <input type="checkbox"/> Shares | <input type="checkbox"/> Listens and follows directions |
| <input type="checkbox"/> Takes turns | <input type="checkbox"/> States needs |
| <input type="checkbox"/> Expresses basic feelings
(sad, happy, scared, angry) | <input type="checkbox"/> Transitions from one activity
to another |

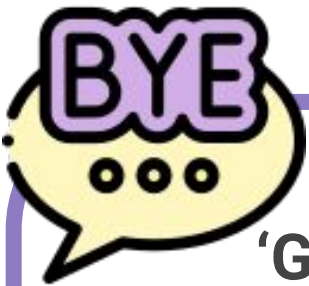
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Setting Routines

When children know what to expect each day, they feel less anxious and they can make transitions from one activity to another more smoothly. Here are some ways you can support healthy and predictable routines at home:

- Set a consistent wake-up and sleep time
- Have regular meal times
- Have your child help you lay out their clothes
- Pack lunches or snacks the night before
- Ask your child to pack their backpack ahead of time



The 'Good Goodbye'

- Establish a predictable goodbye routine. A high five, a hug or kiss will signal to your child that it is time to leave.
- Remind your child you will be reunited again.
- Give your child tools to use when missing family. A plushie, keychain, a family photo or a bracelet can help.



Read About it!

- **'Kindergarten Here I Come!'** by David Steinberg
- **'Look Out Kindergarten, Here I Come'** by Nancy Carlson
- **'The Night Before Kindergarten'** by Natasha Wing
- **'The Kissing Hand'** by Audrey Penn