

A Guide For Parents

Kindergarten

Transition Guide



**Tips to help your child be
successful in Kindergarten**



Table of Contents

What Children Can Expect	page 2
Skills to Practice	page 4
What Parents Can Expect	page 6
Easing the Transition	page 8
Books and Links	page 10

What does it mean to be “Kindergarten-ready”? Does it mean having an early jump on academic skills like reading, writing, or counting?

Surprisingly, the biggest challenges for Kindergarteners are often skills like opening snacks, sharing art supplies, or using the bathroom independently.

We took advice from Kindergarten teachers and parents like you to create a guide with helpful tips. At the end of the day, **YOU** know your child best, so take what is useful for you and **YOUR** family!

What Children Can Expect in Kindergarten

Working independently & in groups



Recognizing & writing their name



Learning to read, write, count, & add



Using the bathroom independently



A full schedule of learning including things like:
Storytime, work time, & creative activities



Opening their items independently
(e.g. lunch items, jacket, backpack)



Making new friends!



Skills to Practice at Home to Get Kindergarten-Ready

- Locking/unlocking bathroom stall doors
- Going to the bathroom and washing hands independently
- Knowing parents'/guardians' legal names
- Opening snacks, peeling fruit independently
- Coloring, cutting, painting, drawing
- Cleaning up messes and putting things where they go
- Controlling their body/ keeping their hands to themselves



- Following directions and paying attention
- Recognizing and writing their first name
- Using imagination in their play
- Moving between tasks with little distraction

What to Expect and How to Prepare

Big transitions can be difficult for children **and** parents. If your child usually has a hard time changing their routine, you might start preparing them ahead of time.

Even if your child does not have a hard time with changes, talking could help make them feel more comfortable and confident in their first days of school.



Important reminders for handling conflict & big feelings!

- It is OK to tell someone “I don’t like that.” or “That is not kind” if someone hits or pushes you.
- Always tell the teacher what happened.
- When upset, try taking deep breaths, asking for help, or taking a quiet moment.

What to Talk About:

- Any changes in routine
 - Things that might change:
 - Riding the bus to and from school
 - Going to after-school care
 - Taking their lunch to school
 - No nap time
 - Going to the lunch room for meals
- Introductions! Take turns practicing. For example:
 - “My name is Mom. I like playing on the playground. What do you like to play with? Do you want to play together?”
 - “Hi, what’s your name?” or “Can I play too?”



Easing the Transition

Below are activities and ideas that Kindergarten teachers have recommended. Find what works for you and your child!

- Find ways to stay in touch with Pre-K friends who may not be going to the same school.
- Have play dates with children you know who will be attending the same school.
- Read books about going to Kindergarten.
- Consider making a visual chart with key steps of their new routine.
- Tour your child's new school. Make sure to see the classroom, lunchroom, bathrooms, playground, and library.



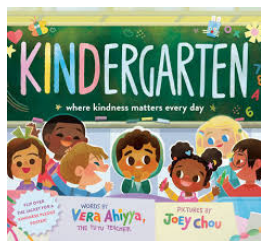
- Practice school day routine before the first day of school.
- Start bedtime/wake time routine **2 weeks before Kindergarten** to make sure your child gets 10-12 hours of sleep.
- Prevent big changes in other areas of your child's life if possible.



Books about Kindergarten



The King of Kindergarten
Derrick Barnes & Vanessa Brantley-Newton



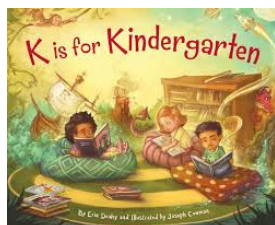
KINDERgarten: Where Kindness Matters Every Day
Vera Ahijya & Joey Chou



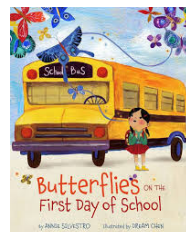
Ready for Kindergarten
Bethany U. Freitas & Maja Andersen



Getting Ready for Kindergarten
Vera Ahijya & Debby Rahmalia



K is for Kindergarten
Erin Dealey & Joseph Cowman



The Butterflies on the First Day of School
Annie Silvestro & Dream Chen

More Resources:

Visit the Kindergarten Transition Website for a copy of this guide, a virtual library, and more resources!



tinyurl.com/mskinderguide





Thanks for Reading!

We hope you and your
child(ren) have an excellent
Kindergarten year.



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