

For Children Starting Kindergarten, the Transition Matters!

Starting preschool or kindergarten is a transition full of big and small changes for young children. With your help, this transition can be a positive experience that gives your child (and you!) a sense of self-confidence and accomplishment.

9 Practical Tips to Help Your Child Transition to Kindergarten

- 1.** Give your child fun opportunities to spend time away from you, with other adults and children.
- 2.** Talk about school in positive ways. Share some of your happy memories about starting school.
- 3.** Regularly set aside time for your child to practice skills such as counting, learning the letters in their name or using scissors. See the tip sheet “What Your Child Needs to Know to be Ready for Kindergarten” for a quick reference of additional skills.
- 4.** Read books with your child and talk about the pictures and the story.
- 5.** Encourage your child's independence by giving simple directions and letting them complete tasks on their own.
- 6.** Take a trip to kindergarten! Playing on the playground, touring the building and finding the bath-rooms can help reduce anxiety about starting school.
- 7.** With your child, select and read a book from the Transition to Kindergarten Booklist and discuss any feelings, questions or concerns about kindergarten.
- 8.** Speak with your child about morning routines, including how will they be transported to school.
- 9.** Take part in a free summer library program or another community activity to help you and your child learn and socialize with others before school starts.