

Tips for a smooth transition to kindergarten

Kindergarten is a significant milestone. Here are a few practical tips to help prepare your child for a smooth and confident transition.

How can we prepare socially and emotionally?

- ☐ Talk openly and listen to your child's feelings
- ☐ Reassure your child with positive encouragement
- ☐ Arrange playdates with children in the same class if possible
- ☐ Visit the school to meet teachers and see the classroom
- ☐ Keep your own positive outlook
- ☐ Take advantage of transitional supports provided if enrolled in an early learning program. *At CHS, we implement a family success approach to create a strong partnership between families and educators.*
- ☐ If kindergarten is your child's first structured learning experience, try at-home learning activities throughout the summer (reading together, practicing routines, playing simple games)

What supplies might you need?

Check with your child's teacher first!

- ☐ Backpack
- ☐ Lunchbox
- ☐ Water bottle
- ☐ Classroom supplies (crayons, pencils, glue sticks, scissors)

How can my child practice independence?

- ☐ Dressing themselves (zippers, buttons, shoes, coats)
- ☐ Using the restroom, washing hands
- ☐ Involve in preparation (picking out backpack/clothing, helping pack their lunch)

What is a possible morning routine?

- ☐ Wake up at the same time each day
- ☐ Eat a healthy breakfast
- ☐ Brush teeth, wash hands, wash face
- ☐ Get dressed
- ☐ Share a quick goodbye ritual (hug, high five, silly face)

What is a possible evening routine?

- ☐ Set out clothes and shoes for the next day
- ☐ Pack backpack and check supplies
- ☐ Talk to your child about tomorrow's plan (i.e. "Tomorrow is school. You'll see your teacher and friends.")
- ☐ Read a bedtime story or do a quiet activity together
- ☐ Stick to a regular bedtime

How can I stay connected and supported?

- ☐ Ask your school what supports are included
- ☐ Keep open lines of communication with your child's teacher once school begins
- ☐ Celebrate milestones (first-day photo, special breakfast/after-school snack)

These are just a few suggestions. Remember each child and family's situation is unique!

For more kindergarten readiness tips and resources, visit chslearn.org/resources/for-families

NOTES



Catherine
Hershey
Schools
for early learning

