



TRANSITION to Kindergarten

Please note that some strategies and activities may need to be adjusted or modified based on local and state Covid-19 mandates and school system policies related to the pandemic.

To help CHILDREN transition

- ✎ Visit the school. (Attend an orientation at the school in the spring, attend a spring carnival, or play on a school playground.)
- ✎ Practice “cafeteria style” eating at a local restaurant and practice opening food packages. Also, allow your child to serve himself from bowls at home.
- ✎ Shorten your child’s naptime a few weeks before school starts.
- ✎ Adjust your child’s sleep schedule several weeks before school begins - remember that a child needs at least 10 hours of sleep each night.
- ✎ Help your child choose a school bag and label it with his or her name. Also, choose a place in your home to put things each night to take to school each day.
- ✎ Talk about what will be familiar at kindergarten as well as what will be new.
- ✎ Add a family photo to your child’s book bag.
- ✎ Be positive - your child takes cues from you.
- ✎ Write a letter to the principal during the summer describing your child as a person (likes, dislikes) and as a learner. Describe the kind of teacher you hope he or she will have (no names, please).

To help PARENTS transition

- ✎ Recognize that you are in transition, too. Expect to feel scared and sad in addition to feeling excited about your child starting kindergarten.
- ✎ Think through and plan for food, transportation, and schedule changes. (When does school begin and end? What about before and after school care? Where is the bus stop? How much does lunch cost?)
- ✎ Visit the school and meet the teacher. Don’t be afraid to ask if things seem confusing! Ask for a conference (by note to the teacher) as needed.
- ✎ Talk to someone about your feelings. School counselors often set up special times at the beginning of the year for parents with entering kindergartners. You can also call (694-8991) to make an appointment with a parent counselor at Project Enlightenment.
- ✎ Get involved! Volunteer in your child’s class, join the PTA, and volunteer in the school or at home by helping the teacher with preparing materials for the classroom.
- ✎ Remember that your attitude will determine your child’s attitude. Your positive support of school increases your child’s confidence and success.

Books about Going to School

Look Out Kindergarten, Here I Come! by Nancy Carlson

Tom Goes to Kindergarten by Margaret Wild

When You Go to Kindergarten by James Howe

The Kissing Hand by Audrey Penn

Pete the Cat: Rocking in My School Shoes by Eric Litwin

When Pencil Met Eraser by Karen Kilpatrick

The Don't Worry Book by Todd Parr

Monkey Not Ready For Kindergarten by Marc Brown

The Pigeon Has to go to School! by Mo Willems

We Don't Eat Our Classmates! By Ryan Higgins

Breathe With Me: Using Breathe to Feel Calm Strong and Happy by Mariam Gates

Is Your Buffalo Ready for Kindergarten by Audrey Vernick

Join In and Play by Cheri Meiners

Can I Join Your Club? by John Kelly

Harrison P Spader, Personal Space Invader by Christianne Jones

Books about Going to School in Spanish

El monstruo de colores by Anna Llenas

Un beso en mi mano by Audrey Penn

Preparate, Kindergarten! Alla voy! by Nancy Carlson

Clifford va a la escuela by Norman Bridwell

Spot va a la escuela by Eric Hill

Boomer va a la escuela by Constance McGeorge

Si llevas un rathion a la escuela by Laura Joffe Numeroff

Blue va a la escuela by Angela Santomero

Franklin va a la escuela by Paulette Bourgeois

Que nervios!: el primer dia de escuela by Julie Danneberg

