

# Supporting a Positive Transition to School



September may not be upon us for several months but Kindergarten registration is in full swing for the 2022-2023 school year! While going to school is an exciting time, some children may find it overwhelming and scary. There are several ways in which you can prepare your child to help support the transition to school life.

## Strategies to Support your Child at Home

- **Talk to your child-** Discuss frequently with your child (with enthusiasm!) what school will be like and the different types of activities they will do and explore. By showing your excitement will help build their excitement and confidence with their new routine.
- **Getting ready for the outdoors-** Start with a one-step request i.e. “Find your boots!” and then build on the request based on what the child can manage. A next step could be, “Try putting on one boot and I will put on the other.” If the child is showing frustration, keep practicing periodically or try another task to practice to avoid further frustration.
- **Pack a lunch:** Serve your child lunch as you would if you were packing it for school. Choose child-friendly containers that make it easy to open and show your child what is snack appropriate and what is for lunch. Practice using a water bottle, juice boxes and opening and closing their lunch box. Should this be area of stress for your child, reassure them their educators will be there to help!
- **Read a book:** Read daily. Point to the words, explain what’s happening in pictures and practice turning the pages. Ask questions about the book i.e. “What do you think is going to happen to the dog?” If your child is unable to listen to the whole story, read a few pages daily or summarize what is happening based on what you see in the pictures. Helping to support your child in being comfortable listening to a book is key!
- **Play games/toy together:** Play games such as ‘eye spy’, build with blocks or play cars etc. Search for shapes or colours in helping your child recognize them; count the blocks when building and sort cars by their colour. The play is intentional but the child will only see it as an enjoyable activity!
- **Personal Care:** Have a stepping stool and hand soap easily accessible for independent personal care. Model appropriate handwashing techniques and complete hand-over-hand if necessary or have them show you what they already know!

### References:

[www.coffeecupsandcrayons.com/10-ways-to-ease-kindergarten-anxiety/](http://www.coffeecupsandcrayons.com/10-ways-to-ease-kindergarten-anxiety/)

<https://www.pacer.org/parent/php/PHP-c179.pdf>

[www.parentscanada.com/praeschool/kindergarten-readiness-checklist/](http://www.parentscanada.com/praeschool/kindergarten-readiness-checklist/)



### Additional Strategies to Consider

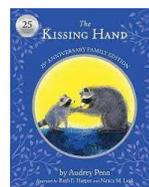
- **Open House:** Most schools offer an open house where the child and their family can go to the school and meet their educators, see the classroom and meet other children that will be attending. Check with your school if an open house will be taking place with some Covid-19 health protocols now being lifted.
- **Go to the Playground:** Visit the school yard frequently outside of school hours and explore the playground. Having the school be a familiar place, may help avoid some anxiety the child may be feeling once the routine of going to school begins.
- **Ask for a Tour:** Outside of the open house, some children benefit from a separate visit to the school when there is fewer children around. Ask the school if a tour could be arranged with the child to help them become more comfortable in going.
- **Try out the Bus:** If your child will be taking the bus, the bus company typically offers a Ride the Bus' experience for the child and their families in the summer months before the school year begins. This is a wonderful opportunity for you and your child to show them how they will be traveling to school daily. Contact the school's bus company to make arrangements.

### Suggested Books:

The Kissing Hand by: Audrey Penn

Kindergarten Rocks by: Katie Davis

First Day by: Andrew Daddo



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If you or your child are still feeling uneasy about starting school, connect with the school and/or your Resource Consultant to inquire about additional strategies that can help with the transition that may be specific to your child. Please visit our website for contact information at <https://childinOxford.com/about/meet-our-team/>