

## SUPPORTING YOUR CHILD'S TRANSITION INTO KINDERGARTEN



- Talk enthusiastically with your child about starting school. If older siblings have had positive experiences, involve them in the discussion. This will allow your child to feel both a sense of reassurance and positivity about school.
- Have your child express feelings and thoughts about starting school. Offer reassurance and comfort.
- Visit a new place with your child. Talk about the beauty of change and new experiences.
- Participate in play with your child. Using toy figurines or stuffed animals; act out a transition to a new place. Act out possible coping strategies.
- Take a picture of your child's new school. Display the picture in a special location at home.
- Explore parts of the school website with your child, including any fun photos!
- Create a first day of school special tradition. Some examples of this may include; visiting the local library, going to the park or preparing a special meal.
- If your child has not had experience being around other children, set up play dates with neighbors, family, and/or friends.
- With your child, walk by the school, garden and playground.
- Read books with your child about starting school.

## BOOK SUGGESTIONS



### GETTING READY FOR KINDERGARTEN

**FIRST DAY JITTERS** Julie Danneberg

**DO YOU WANT TO BE MY FRIEND?** Eric Carle

**PETE THE CAT: ROCKING IN MY SCHOOL SHOES** James Dean

**WEMBERELY WORRIED** Kevin Henkes

**THE KISSING HAND** Audrey Penn

**SHEILA RAE THE BRAVE** Kevin Henkes

**LOOK OUT KINDERGARTEN, HERE I COME!** Nancy Carlson

**KINDERGARTEN ROCKS!** Katie Davies

**ANNABELLE SWIFT, KINDERGARTENER** Amy Schwartz

## CHILD DEVELOPMENT WEBSITES

**NAITRE ET GRANDIR** <https://naitreetgrandir.com/en/feature/>

**PATHWAYS** <https://pathways.org/>

**ENCYCLOPEDIA ON EARLY CHILDHOOD DEVELOPMENT** <http://www.child-encyclopedia.com/>

## COMMUNITY RESOURCES

**Ministère de la Famille** <https://www.mfa.gouv.qc.ca/en/>

(\*click on **CARTE INTERACTIVE** under **SERVICES AUX FAMILLES**: (bottom left-hand corner))

**211 Community Resource Guide** <https://www.211qc.ca/>



Candice Madden, Kindergarten Transition Agent, Student Services Department