

GOING TO KINDERGARTEN



The transition to kindergarten can be a big change for parents and children. As exciting as this time may be, many kindergarteners struggle initially with the long days, challenging curriculum and time spent away from loved ones. Here are some tips to make the transition a bit easier.

TIME FOR A CHECKUP

Immunizations are required for kindergarten entry. Talk to your health care provider. Be sure to also get a physical and dental exam for your child.



TAKE TIME TO VISIT

Most schools have a Kindergarten Orientation. This is a day where families visit the classroom and meet the teacher. At the tour, make sure to check out the playground, other classrooms, the restrooms and the library.



PRACTICE

Explore pencils, crayons and child-sized scissors. Have your child hang up a coat, go to the bathroom, and wash their hands without help. Practice following simple rules and taking turns.



ROUTINES

Routines help children learn, make them feel safe and in control of their world, and foster their self-confidence. Some key family routines that will help children feel ready for kindergarten include: reading time, mealtime, and bedtime routines.

