

Kindergarten.....Here I Come

Making the Best Transition to Kindergarten



Great Start Collaborative

&

Cheboygan, Otsego, Presque Isle

Educational Service District



# Transitions

Making the move to kindergarten can be frightening to both the child and the parents. Having a transition plan in place will prove to be beneficial to the student, parents and Kindergarten Teacher.

## Helpful Ideas to help make that transition smooth

Talk with your child about going to kindergarten, what are their feelings? Are they scared, are they excited? Talking about these feelings will help to alleviate some of those fears.

### Take a visit to the school

- Visit the kindergarten classroom
- Visit the lunchroom
- Visit the library and gym
- Take him/her to meet the Kindergarten Teacher, Principal and any other person he/she may be seeing on a daily basis.
- If they will allow, ask the school personnel if you can take a picture of them, the school and classroom. You and your child can make a picture book that you can pick up and talk about all summer long.
- Take the kids to the school playground during the summer.
- If you know some of the other children who may be in your child's kindergarten classroom try to get together a few times this summer to help calm some of those fears of not knowing who will be in their classroom.

### Benefits of a smooth transition for the child:

Less stress

Better Behavior

More successful and productive academically

Kids are off to a good start

More positive relationship with the teacher/school

Best for children – both their learning and their comfort in a new setting

Each child is different, acquires knowledge differently, have different social and emotional abilities and a different history. The better these factors are understood by the Kindergarten School, the more successful the child will be.

**Transitions can be difficult, doing it better will help all succeed!**

## **Parents**

### **Transitions can be difficult for the parent(s) too!**

**Going to kindergarten IS AN IMPORTANT LIFE EVENT and can be a bit scary for both the child and the parent(s).**

#### **Suggestions to help this transition be smooth for you as well ☺**

- Be sure to attend the Kindergarten Round Up or other school enrollment event.
- If your child has had (or currently has ) a special need, allergy, therapy, medical condition or anything else you feel is important for the teacher to know, be sure to keep those lines of communication open for the benefit of your child.
- Share any information about medications, past/present therapies, on-going medical conditions, fears and anxieties.
- Be sure you have an afterschool child care setting ready for your child if you are a working parent(s).
- Remember to find out about lunch: what are the costs of a hot lunch, what time does your child have lunch, do they have a snack time and if so, do you as a parent help provide snacks?
- Volunteer opportunities: Sign up for field trips, classroom helpers, etc. Ask your child's teacher how you can help.
- Read to your child daily, ask them questions about the pictures in the book, repeat words they normally do not hear in their daily lives but are found in books, name the pictures, repeat words, point to the pictures
- Children learn through play –so let the kids play, provide a variety of play opportunities that will build all those muscles and skills!