



STARTING KINDERGARTEN: Making a smooth transition!

Newsletter for parents of children attending kindergarten

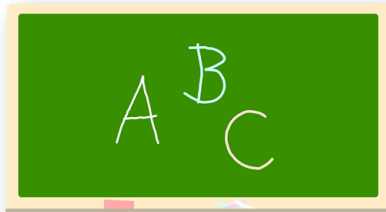
By the Health Promotion & Prevention Team, Direction de santé publique

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Your child may be both excited and nervous about starting kindergarten. This is normal as it is an important life change. A pleasant transition can have a positive effect on his or her incentive to learn.

SOME TIPS TO HELP ENSURE A SMOOTH TRANSITION:

- Arrange to visit the school and playground with your child, the kindergarten classroom, the daycare service and to meet the kindergarten teacher.
- Talk to your child about activities in a kindergarten class.
- Encourage your child to meet neighborhood children who will be attending the same school.
- Explain how the daily routine will be different (no more naps, school daycare) and what will remain the same.
- Share fun experiences you had in school and inquire about how your child feels becoming a « big kid ».
- Involve your child in shopping for school supplies.



ON THE FIRST DAY OF SCHOOL:

- Let your child participate in preparations (preparing lunch and snacks, picking out clothes, etc.).
- Let your child know that you will see him or her again when school is finished and talk about the end of day routine.

Sources : Naître et Grandir
Pixabay

