

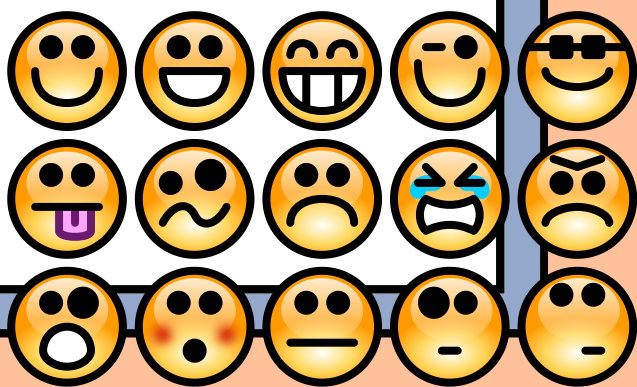
# TRANSITION TO KINDERGARTEN

## PARENT RESOURCE

### Social & Emotional Well-Being

- ☐ Practice short separations
- ☐ Talk about school
- ☐ Follow simple directions
- ☐ Name and talk about feelings

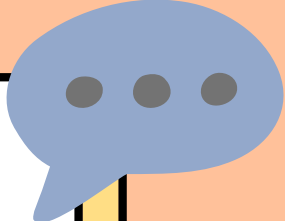
- ✓ Say a quick, loving goodbye and always return when promised.
- ✓ Read books and tell stories about kindergarten.
- ✓ Try "Put on your shoes and grab your bag."
- ✓ Use: "I see you're sad. Let's take deep breaths."



### Listening & Communication

- ☐ Use words to express needs
- ☐ Take turns talking
- ☐ Read to your child

- ✓ Practice: "I need help," "I'm tired".
- ✓ During meals or games, take turns asking and answering.
- ✓ They could turn pages and talk about the pictures. Ask, "What happens next?"



### Self-Help Skills

- ☐ Get dressed independently
- ☐ Bathroom independence
- ☐ Snack/lunch practice
- ☐ Recognize their name in print

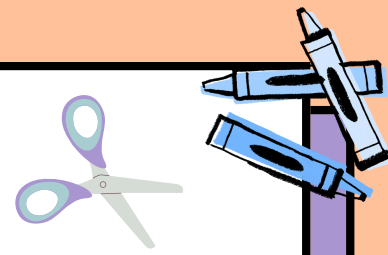
- ✓ Practice zipping coats, putting on shoes.
- ✓ Flush, wipe, wash - try using picture steps.
- ✓ Use the lunchbox they'll take to school.
- ✓ Play games with their name and point it out regularly.



### Fine Motor & Foundational Skills

- ☐ Hold a crayon or pencil with proper grip
- ☐ Cut with scissors
- ☐ Explore colours, shapes and numbers

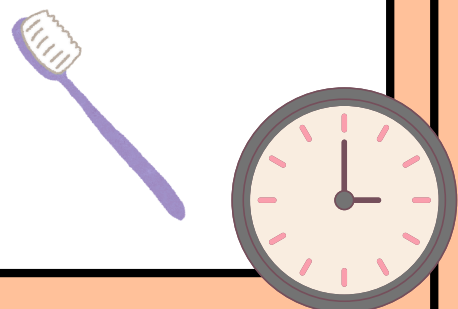
- ✓ Use short crayons to help grip.
- ✓ Practice cutting paper under supervision.
- ✓ Play fun games that engage in colour and shape recognition. Count toys, steps, snacks or anything else with your child.



### Routines & Preparation

- ☐ Bedtime and wake-up routines
- ☐ Morning checklist
- ☐ Visit or drive by the school
- ☐ Label belongings

- ✓ Set a regular school schedule 2 weeks before school starts. Including an early bedtime, and school ready by 8:00am
- ✓ Use visuals: brush teeth, get dressed, pack bag.
- ✓ Show the building and talk about drop-off.
- ✓ Use name labels or write with permanent marker.



Every child grows and learns at their own pace. This resource is a guide- not a test.

Your support, encouragement, and presence make the biggest difference in helping your child feel safe, confident, and excited to begin kindergarten.

Celebrate the small steps, keep routines consistent, and trust that with love and practice, your child will be ready for this new adventure.

"Behind every young child who believes in themselves is a parent who believed first." -Matthew L. Jacobson