

Transitions: Preschool to Kindergarten



Starting school can be both an exciting and scary time for parents and children alike. There are plenty of things you can do to ensure a smooth transition for your child going from Preschool to Kindergarten. See the tips below for helpful ideas when preparing for takeoff.

Preschoolers starting Kindergarten

- *Visit the classroom* – arrange a visit to meet the teacher and see the classroom with your child. A scheduled opportunity to do this may be offered. This will help you and your child feel more comfortable and know what to expect. If your child has any allergies or special needs, be sure to share these with the teacher or nurse.
- *Label everything* – label your child’s backpack, lunchbox, coat, and anything else they will be bringing to school. Create a nametag that includes your child’s name, address, teacher’s name, and a parent/caregiver’s phone number. If your child takes the school bus to and from school, you can also include the school bus number.
- *Be positive* – send your child off with a hug and a wave goodbye. Reassure them that you will see them later and will be there to pick them up at a specific time - “after lunch” or “after snack”.
- *Build confidence* – celebrate successes and be sure to communicate this with your child; “You were so brave on your first day!”, “I am so proud of you for getting on the school bus all by yourself!”
- *Ask questions* – set aside some time to ask your child about their day at school. This will help you recognize your child’s strengths, and what they might be struggling with or need some extra support with.
- *Read information sent home from school* – check out your child’s backpack for any important information that was sent home with them; this will keep you updated on important dates, routines, and meetings.

Read Relevant Books Together

There are a lot of great books about starting school that you can read together with your child; this will help prepare them for the transition to Kindergarten. Some examples include:

- *Seven Little Mice Go to School* by Kazuo Iwamura
- *Mom, It’s My First Day of Kindergarten* by Hyewon Yum
- *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate
- *Pete the Cat: Rocking in My School Shoes* by Eric Litwin

For more information, please contact
Snohomish Health District’s Child Care Health Outreach Program
at 425.252.5415 or childcarehealth@snohd.org.