PRESCHOOL/KINDERGARTEN
TRANSITIONS

Helping children transition to preschool or kindergarten can be exciting. Simple steps can be taken to help make the transition a successful one. Preparing your child can be a fun family activity that will not only benefit your child academically but also prepare a great learning foundation for their future.

CREATE ROUTINES

Summer schedules can be busy; by creating a bedtime and wake-up time you can help your child know what to expect as they approach going to school. This will also ensure they get enough sleep to be ready to learn!
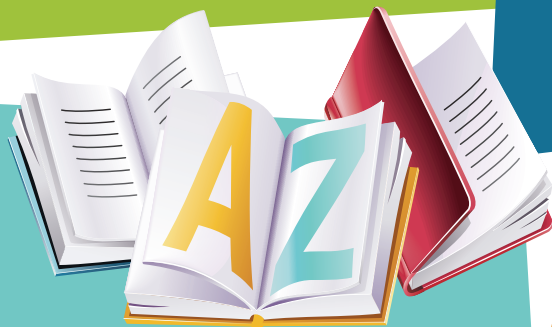
TEACH INDEPENDENCE

Encourage your child to become independent with basic self-care skills. These skills will build self-confidence making the transition to kindergarten a little smoother. This includes:

- Hand washing
- Opening simple snacks
- Zipping a backpack
- Simple clothing fasteners and zippers
- Nose wiping
- Covering mouth when coughing/sneezing

READ READ READ

Set aside time to read with your child. Make this a fun family activity - read as a family or set a schedule to take turns reading. Check with your local library about summer programs that include story times. This is a great opportunity for your child to learn to listen to a story, ask questions, and explore other books that might peak their interest. Consider setting a family goal for the number of books read with a fun celebration once the goal is met. This can be as simple as a trip to the local park or perhaps a special family dinner. Visit https://www.aft.org/sites/default/files/wysiwyg/t2k_booklist.pdf for a list of teacher recommended books to prepare for kindergarten.

GET ORGANIZED

Teach your child organization skills such as cleaning their room and putting away toys. This will help with transitions during the school day. Create a space for puzzles, toys, and books using plastic bins from a local dollar store. This will give your child an opportunity to learn how to return classroom materials to their designated location. It will also encourage them to complete a task with little prompting.

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