

Parenting Education Take Home Tip: Going to Kindergarten for Parents!



OSSEO AREA SCHOOLS
Community Ed

Early Childhood & Family Education

Going to Kindergarten!

Think about this: If your child is going to Kindergarten this fall, how are you feeling about that?

Whatever you are feeling, it's completely normal: excited, scared, unsure, torn, left behind

What do you plan to do to make the transition smoother?

Here are some tips from Teachers:

- Be excited and positive when you talk about school (even if you are feeling less than excited)
- Go to the school to play on the playground
- Attend open houses
- Talk about Respect, Responsibility, and Safety
- Teach them self-care tasks (bathroom, shoes, jackets, etc)
- Limit TV and video games and do real activities outside, in the community, and at home
- Talk about colors, shapes, patterns, and sizes of things.
- Use position words like: on, in, under, in front of
- Have children play with Playdough, legos, puzzles, etc to strengthen hand muscles, so their hands don't get quite so tired when school starts.
- Make a plan for No School Days.
- Commit to getting your children to school on-time
- Insist that they do their homework, provide a space for them
- Talk about what will be the same about their day: same bed, same mom and dad, and what will be different about their day: new school, new bus, new friends... *If your child has a difficult time with transitions, consider writing a small book about what their day will be like once they start school. Find tips here:*

http://challengingbehavior.fmhi.usf.edu/explore/pbs_docs/social_story_tips.pdf