Ready, Set...Kindergarten!

Saying Goodbye to Pre-K, First Day of Kindergarten Jitters

Starting kindergarten can bring on a lot of mixed feelings. Saying goodbye to friends and staff at a preschool or daycare they have been attending can feel really sad and scary. Getting to start elementary school can bring on feelings of excitement and pride. As a parent, it can also bring on a lot of emotions. It can be helpful to talk through those feelings and modeling for your child that whatever they are feeling is ok and you will be on this new adventure together! Taking time to practice routines and prepare can really help normalize the changes for everyone in your family.

Pre-K Goodbyes

- Create a kindergarten countdown, marking off each day in the month leading up to the first day of kindergarten.
- Encourage them to talk about their feelings as they end preschool and head to kindergarten. Share your own feelings as well.
- Celebrate all they learned in preschool by reviewing their work and old photos.
- Plan ways to keep in touch with friends who will be attending a different elementary school.
- Visit their new school on the weekend to play on the playground.

First Day of Kindergarten Jitters

- Talk through daily routines and practice a few weeks before school starts, with bedtime and morning routines.
- Read books about starting kindergarten and ask them how they are feeling.
- Find out ahead of time what drop-off will look like. Are you invited to stay in the classroom, or are they asking parents to leave quickly?
- Talk with your child about what the goodbye will look like at the start of the day.
- Attend the kindergarten meeting before school starts and get to know your child's teacher. Talk through the best way to partner with them.

ASD Preschool

Anchorage School District
Educating All Students for Success in Life

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The start of kindergarten is a great time to learn ways to partner with your child's teacher and school to support their education. Asking how information is shared with families. Attending events is one way to help your child's new school know more about your family and how to work together to support your child in kindergarten and for years to come!

Books to Help Prepare for Saying Goodbye to Friends

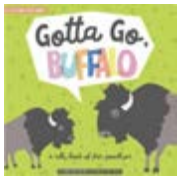
Goodbye, Friend! Hello, Friend!
by Cori Doerrfeld



Lula and the Sea Monster
by Alex Latimer



Gotta Go, Buffalo
by Kevin Meyers



Oh My Baby, Little One
by Kathi Appelt



See You Soon!
by PJ Zin



Books to Help Prepare for Kindergarten

I'm Going to Crush Kindergarten
by Sonica Ellis



On the First Day of Kindergarten
by Tish Rabe



I'm Going to Kindergarten!
by Andrea Posner-Sanchez



Goodbye Preschool, Hello Kindergarten
by Sonica Ellis



Next Stop: Kindergarten!
by Brooke Jorden



Local Libraries

ZJ Loussac Library
3600 Denali Street, Anchorage

Mountain View Library
1200 Bragraw Street, Anchorage

Muldoon Library
1251 Muldoon Road, Suite 158, Anchorage

Chugiak-Eagle River Library
12001 Business Blvd. 176, Eagle River

Information adapted from:
naeyc.org/our-work/families/goodbye-to-preschool-hello-to-kindergarten

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