

# Transition to Kindergarten Checklist

## *Use this checklist to help prepare you for the transition:*

- ☐ Contact the school for registration information and secure all necessary documents for registering your child.
- ☐ Make an appointment to tour the school or classroom before the first day of school.
- ☐ Start a calendar to keep track of important dates such as orientation, open house, the first day of school, etc.
- ☐ Plan how your child will get to and from school each day. For example, if they are riding the bus, where will they get off, who will meet them, etc.
- ☐ Prepare yourself for the first day of school. Support your child while keeping your own emotions in check (if you are worried or concerned try not to let those emotions show).
- ☐ Ask your child how the first day of school went. Talk about the routine, new friends, what was interesting, and what was learned.
- ☐ Check your child's backpack daily once school begins.



## *Use this checklist to help prepare your child for the transition:*

- ☐ Read books about going to prekindergarten/kindergarten.
- ☐ Set up a time to visit the new program/school and teacher.
- ☐ Talk with your child about the new routine. Include how your child will get to the new program and who will be dropping off and picking them up.
- ☐ Let your child know whether any friends will be attending the new program.
- ☐ Talk about how your routine will be changing. For example, if you need to leave home earlier and bedtime will change, talk about the change.
- ☐ Practice saying the name of your child's new teacher with your child.
- ☐ Before the first day, help your child pack their backpack and/or lunchbox. Help them choose what they will wear on the first day of school and lay it out the night before.
- ☐ Practice zipping/unzipping, buttoning, unbuttoning clothing.
- ☐ Practice opening their lunchbox and snacks inside independently.