

Tips for Starting Kindergarten with Success

1. Get on school “time”

Starting to go to bed early and waking up early a few days before school begins can make a big difference on that first day.

2. Go play on the school playground ahead of time, walk around, use the bathroom if possible.

3. Set up a playdate with another new student before school begins.

4. Follow your child's lead on how much to talk about it

When you do talk about school, always be positive and enthusiastic while honestly addressing any concerns your child may have. Reading children's books about starting kindergarten can be a gentle way to start a conversation with your child.

5. Expect exhaustion/mood swings the first few weeks or even months

6. Limit afterschool activities

See how your child is doing after school for the first few weeks before scheduling regular afterschool activities.

7. Plan for very early bedtimes

8. Keep reading aloud to your child every day

Ask “why” questions, give your child a chance to make predictions, talk together about the main ideas in the book together.

9. Check-in with the teacher regularly

Teachers can be incredibly busy at the start of the year, but checking in with an email from time to time or volunteering in the classroom if possible, lets the teacher know that you are involved and want to communicate.

10. Provide organizational tools for your child

Give your child designated spaces for a backpack, homework, notes, and a lunchbox to go after school. Help your child to feel organized and in control.