



# Starting Kindergarten

Many preschoolers feel anxious about moving on to kindergarten. They worry that they won't have friends, won't like the teacher, will get lost, won't be able to do the work, and so on. Here are some tips for guiding your child through the move from preschool to kindergarten.

## To help your child handle end-of-the-year feelings

- Place a sticker or make a mark on a calendar as each day of the last month of school goes by.
- Write down or tape-record a memory each day.
- Draw a picture and/or dictate a good-bye message for a friend or teacher.
- Revisit the events of the past year with your child by looking at drawings, paintings, photos, and writing.
- Provide stress-reducing activities at home such as water play, puppets, or playdough.
- Help the class plan an end-of-the-year family potluck.
- Plan ways to keep in touch with classmates or organize a regular play group.
- Encourage children to talk about their feelings; talk about your feelings too.

## To ease the move to kindergarten

- Visit the new school before your child's first day. Point out ways the room is similar to his or her preschool room, but also discuss how it holds new materials to explore.
- Read books about starting school, such as *Look out, Kindergarten, Here I Come!* by Nancy Carlson; *Will I Have a Friend?* by Miriam Cohen, illustrated by Ronald Himler; and *If You Take a Mouse to School*, by Laura Numeroff, illustrated by Felicia Bond.
- Describe the daily routines, including arrival, breakfast, snack, lunch, and bathroom practices.
- Plan playdates with new classmates.
- Plan a visit to preschool or a playdate with old friends once your child is well settled in kindergarten.

## A message from your child's teacher

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