



Whether you're starting Kindergarten or returning to school, here are some tips and reminders to help make the transition go smoothly. For more information, contact your catchment school.

Practice Routines



Create Rise and Shine Routines:

- ▶ Prioritize essential tasks
- ▶ Give plenty of time
- ▶ Organize supplies the night before
- ▶ Remember a healthy breakfast

Soft Landings Before and After School

- ▶ Have a snack ready
- ▶ Talk about the day
- ▶ Plan some quiet time

Essentials for a Good Sleep

- ▶ Set a consistent bedtime
- ▶ Create a calm down routine

Plan Your Trip



- ▶ How will you be getting to school?
- ▶ Practice the route so that it's familiar

Create Happy Goodbyes



- ▶ Practice a special wave or signal.
- ▶ Offer a token (rock, picture etc.) that will remind your child of your support and encouragement.
- ▶ Let your child know you will be thinking about all the fun they are having and that you will see them soon.

Get Familiar



- ▶ Visit the school on the weekend to get familiar with the surroundings. For example, play soccer or frisbee on the field.
- ▶ Take an outdoor walk around the school.
- ▶ Test out and play on the playground equipment

Keep It Light



- ▶ You won't need to bring much for the first day. To start, bring a healthy snack and a water bottle.
- ▶ Most schools don't expect you to bring supplies right away.

Talk It Out



- ▶ Let your child know it's normal to be nervous or excited.
- ▶ Express enthusiasm for new adventures.
- ▶ Plan to be flexible and patient. It may take a few days before you will know who your child's teacher will be.



For Kindergarten Families: '[When I Go to Kindergarten](#)', from the BC Ministry of Education, Supporting the Transition to Kindergarten.

<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/kindergarten>



For information in other languages, check out this website:

<https://cmascanada.ca/cnc/parents/>