

Getting Ready for the First Day of School

Going off to kindergarten or preschool is an important milestone for your child and any steps you can take to make the transition easier will be a benefit to both you and your child. Here are a few simple steps you can take to support your child's journey on this new adventure.

Pay a visit to the school before it begins. If you can't get a tour of the inside, visit the school grounds so your child will be familiar with their surroundings.



Read books about starting school and making new friends. Books can be a good way to open a discussion about how they may be feeling.

Practice, practice, practice. Putting on shoes and coats, opening and closing food containers, getting ready for school in the morning, and using the washroom alone all require practice.



Give your child choices of what they can eat at school and have them help with the preparations and packaging. They are more likely to eat when they are given choices.

Some children need a small connection to home when they start school. Having a photo album to keep in their backpacks or a small memento that will remind them of family can be a big comfort.

