

School Transition Checklist

- I need to visit my new school ahead of time
 - Take me there and walk around with me.
 - Point out my drop-off and pick-up point.
 - Show me where my new classroom is and where the office, cafeteria, restroom and playground are.
 - Find out as much as we can about my new school.
 - The registration deadline for kindergarten is _____.
 - The principal's name is _____.
 - The name of my teacher is _____.
 - Do I need a uniform for my new school?
 - What forms you need to fill out for me?
 - What immunizations do I need?
 - The yearly calendar and daily schedule for my kindergarten class is?
 - How do I get to and from school?
 - Does my school serve breakfast and/or lunch?

- I need to get used to my new school routine.
 - Set up a regular routine for waking up, getting dressed, eating, etc.
 - Put me to bed and get me up at the new times for two weeks before school starts.
 - If needed, walk me to the bus stop and point out some landmarks for me.

- I need to be healthy in order to learn well at school.
 - Make sure my immunizations are up-to-date.
 - Make sure I get at least 8 hours of sleep each night.
 - Make sure I have regular check-ups with the doctor and the dentist.
 - Help me eat healthy meals and snacks
 - Limit the amount of sugar I eat.
 - Make sure I eat breakfast every day before school.

- I need to feel secure and comfortable using the school restrooms.
 - Show me where they are when we visit my new school.
 - Go with me into public restrooms when we are away from home.

- I need to be able to identify myself.
 - Help me memorize my full name, my address and phone number and your name or names.

- I need your support at my new school.
 - Talk with my teacher on a regular basis about how I'm doing.
 - Attend parent meetings at my new school.
 - Volunteer to help out at school activities.
 - Talk to the teachers and learn about their expectations for me.

- I need to feel excited and comfortable about starting kindergarten.
 - Talk with me about school. Help me see that starting school is very special event.
 - Let me know you are excited about me starting kindergarten.
 - Listen carefully to my thoughts and concerns about my new school.

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- I need to know what kindergarten routines will be like
 - Teach me to follow directions by giving me 2-3 steps for simple chores. Give me age appropriate responsibilities at home – for example, ask me to pick up my toys, make my bed or set the table for dinner.
 - Help me to learn how to share with other children, to wait my turn and to sit in a circle for a story with my friends.

- I need to feel good about myself.
 - Be patient and let me develop at my own pace.
 - Praise me for my strengths and little accomplishments.
 - Pay attention to me and listen to my ideas.
 - Help me feel good about all the things I can already do.
 - Teach me that all my feelings are okay, but not all my actions are okay. For example, it's okay to be upset, but it's not okay to hit somebody.
 - Teach me ways to calm myself down when I get frustrated. For example, teach me to take deep breaths, count to myself or sit in a quiet place until I feel better.

- I need to learn to get along with others.
 - Show me ways to make new friends, by having some of my classmates over to play. Find opportunities for me to play with other children my age.
 - Help me understand how I can be friends with children who are different from me.
 - Teach me what to do when someone hurts my feelings.

- I need to know how to talk with others and listen to them.
 - Talk with me about the things I'm already interested in.
 - Teach me how to know when it's my turn to speak and when I need to listen.
 - Teach me words to describe my feelings and needs, and when to use them. Teach me words like angry, happy or sad to help me communicate my feelings.
 - Ask me open-ended questions that start with who, what and why.

- I need to be excited about learning.
 - Point out letters, colors and shapes as we do everyday things like go to the grocery store.
 - Encourage me to try new things.
 - Read with me every day. Take me to the library or make a homemade book with me.
 - Help me learn to count as we fold laundry, set the table or sort household objects.