

Last Minute Tips for Starting Kindergarten

The week before No one can prepare for the wide range of feelings that you will experience in a few days. Soak it all up and grow stronger from this experience. • Get the school or classroom supplies requested by the teacher or school. • Label your child's name in permanent ink on all personal items. • Discuss plans for drop-off and pick-up in detail with your child. If possible, do a practice run prior to the first day. • For prescription medicines administered during the day, talk to the school nurse or office staff and fill out necessary forms. • Plan a separation routine. Select a series of steps that you will take every day. • Discuss any fears or questions your child might have.	The night before Relax, breathe, look at the stars and know that you have done a great job. • Review a school-day routine with your child • Try to keep a firm bedtime to ensure your child is well rested for the next school day. • Put lunch money in an envelope with your child's name and its purpose. Put the money in a safe place (book bag, secure pocket of tomorrow's clothes, etc.) • Help your child select his or her clothes for the first day. Make sure your child will be dressed appropriately for the weather and the school setting.
The first day This is a special day for you, enjoy your child's accomplishments this is just one of many memorable days. • Wake up in plenty of time to prepare for school. You don't want your child to feel rushed on this day. The calmer and more relaxed the morning is, the more comfortable your child will feel with the situation. • Have your child eat breakfast at home or make sure that she has money and time for breakfast at school. • Review the drop-off and pick-up procedures with your child. • Make sure your child knows his full name, address, phone number of an emergency contact. If he doesn't know this, write it down and put it with his personal belongings. • Arrive before school starts, but not so early that there is no supervision available. • Leave your child promptly, with a positive attitude, after you have completed your planned separation routine.	At the end of the first day Celebrate that you and your child have made it through day one! • Greet your child at the planned time and place. • Ask your child specific questions about her day. If you simply ask, "How was your day?" the response will likely be "Okay." Instead, ask questions such as, "What was the best thing that happened today?" or "Tell me about some new friends you met today." etc. • Create a coming home routine where everyone can regroup from their exciting day.