

Tips for Families Coming to School

Whether you're just starting Kindergarten, or returning to school after a break, here are some tips and reminders to help make the transition go smoothly.

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 the child of your support and encouragement.

Get Familiar



Visit the school on the weekend to get familiar with the surroundings.

Take a walk around the school or test out 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.

Let your child know you will be thinking about all the fun they are having and that you will see them soon.



For more information, contact your catchment school. For information in other languages, check out this website: <https://cmascanada.ca/cnc/parents/>