

# Helping Your Child Make Successful Transitions: Home to School

Throughout childhood, children face changes at home and at school. These changes can be small and go unnoticed, or they can be life-changing. Beginning preschool or kindergarten is a transition that holds many changes for children.

The importance of parents' involvement in their child's transition from home to school cannot be stressed enough. With the support of a caring parent, this transition can be a positive experience for a child, giving him or her a sense of self-confidence and accomplishment.

## Tips for Helping Your Child Transition from Home to School

- ☒ Give your child opportunities to leave you and spend time fun times with other adults and children.
- ☒ Talk about school in positive ways.
- ☒ Give your child opportunities to safely play with items like scissors, crayons, pencils, markers, paint and paper.
- ☒ Read books to your child and talk about the pictures and the story.
- ☒ Encourage your child's independence by letting him follow simple directions and by letting him do tasks on his own.
- ☒ Take your child to visit the school. Playing on the playground, touring the building, and finding the bathrooms are helpful activities at this time.
- ☒ Ask your child what she thinks school will be like. You may learn that your child understands what to expect, or you may find that she has unrealistic fears or misunderstandings. Listen and talk about school.
- ☒ Visit the bus stop or walk the route to school.
- ☒ Expect your child's transition to be successful. Remember the adjustment will take time.
- ☒ Your positive outlook can help your child; let your child know you are confident in his or her ability to do well.

