

How can I help my child adjust to school?



10 Tips for families with children beginning school for the first time.

10 Tips for Starting School

1. Talk about it! Give your child plenty of time to ask questions and learn about going to school before they start.
2. Keep a positive attitude.
3. Create a routine together so there is predictability and consistency.
4. Be consistent with your expectations (e.g. eating breakfast, getting enough sleep, packing a backpack) that work for school.
5. Access resources and share relevant videos and pictures with your child from our SCDSB Kindergarten website (<http://kindergarten.scdsb.on.ca>).
6. Don't overschedule your child. Less is more in the beginning until they are comfortable with their new school.
7. Get to know the school community (e.g. take a walk to look at the building, notice what is around it).
8. Go shopping for school items such as a backpack and lunch bag together and involve your child.
9. Practice skills to build confidence and independence (e.g. opening and closing containers, using the washroom, washing hands, tying shoelaces)
10. Saying goodbye for the day can be difficult - keep it short, positive and sweet! Remind your child they will see you at the end of the day.

We can't wait to meet you!

