



Cuyahoga County
Public Library



"I've Got Your Back" to School ... Helping Children Transition

TALK

Be positive and matter of fact about the upcoming school year, but do not "over" talk or express anxiety.

Do not make promises that you cannot keep (i.e. "I'm sure your teacher will be so nice", "It is so much fun!").

Rather, reflect on concrete and positive things that you do know (i.e. "Wow, the playground has two slides and lots of swings," "You will eat lunch in the cafeteria, just like the big kids,, "You will work on the computer and have music class," etc.)

Teach your child the name of his or her school and the name of the district it is in.

Express that you love your child and that your love is always with them, even if you are not there ... just like the sun is always in the sky, even on a cloudy day.

Communicate with your child's teacher and support staff (nurse, bus driver etc.) about your child's experience. Ask questions and volunteer to help in the school at some level if you can.

SING

"Off to School"

*I wondered, I wondered, when I could go to school.
They said I wasn't old enough, according to the rule.
I waited and I waited. I was patient as could be ...
And now I'm all excited. It's time for school for me!*

Connect with us



See reverse.

cuyahogalibrary.org

READ

The Kissing Hand by Audrey Penn and *My Kindergarten* by Rosemary Wells.

PLAY

Take your child to play on the playground at his or her future school to increase his or her comfort level.

Coordinate play dates with children who will be attending school with your child or join groups such as Kindergarten Club, library story time, community sports and recreation or nature classes so that your child can make friends with potential classmates.

After reading *The Kissing Hand* by Audrey Penn, draw a red heart on your child's palm and on your palm as a reminder of your love throughout the day through the transition of the first few days or weeks of school.

Write encouraging notes to your child or draw a picture and put it in his or her lunchbox.

Pretend to play school with your child. Take turns being the teacher and the student.

Connect with us

