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TIPS FOR PARENTS' TRANSITION TO KINDERGARTEN

We can be more helpful to our kids if we acknowledge that the transition to kindergarten is a big life step for adults as well. Think about what will help you through this developmental milestone, whether that's information, support from friends and family, networking at the new school, etc. Do what you need to do for you, so you can be at your best for your kids!



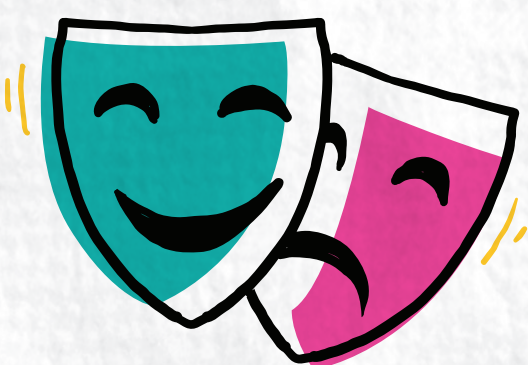
1



Adjust your own routines

Morning, bedtime, travel – make sure you still have the time you will need as you adjust your kids' routines

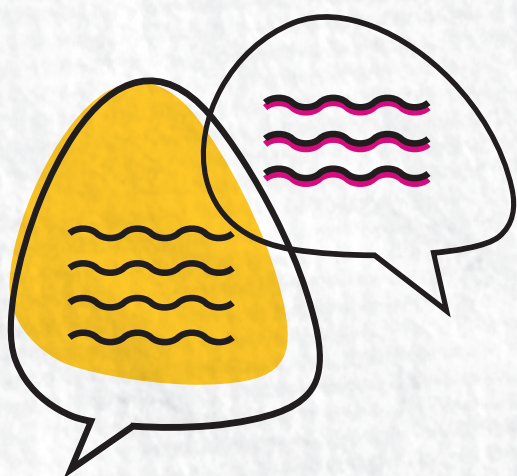
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Acknowledge and support your mixed feelings

You can feel anxiety and joy and pride and apprehension all at the same time, and all of your feelings are valid!

3



Call upon your “experienced” parent friends

They've been here before and can talk you through your first day jitters

4



Show up!

As much as you can, show up for events, meetings, pick up and drop off, playdates, or anything else that will help you feel involved

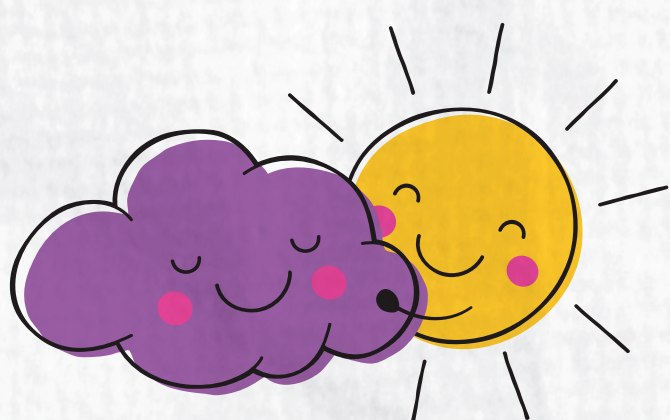
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Expect stress – yours and theirs

And limit other transitions for a while, wherever possible

6



Stay positive, even when it's hard

You've got this, and your kids do, too

