

Tips for Families: Entering Kindergarten



Ideas to help ease your child's transition to Kindergarten

Be Excited

- Talk to your child about what a great time he/she is going to have in school and share your positive school experiences. Try not to let nervous feelings show. Don't let your worries become theirs, but don't discount their fears. Have a discussion about their worries and reassure them.

Establish Routines

- A few weeks before school starts, begin to ease your child into a school bedtime routine (ex: brush teeth, get clothes/backpack ready the night before) and wake up routine (get up, get dressed, brush teeth, eat breakfast). Pictures can help make these routines more visual and fun.

Preparing over the Summer

- If your child is nervous, visit MPS before the school year begins. If possible, set playdates with other children who are starting school.
- Involve your child in preparing for school by picking out and shopping for supplies.
- For the first day of school, it might be helpful to get up a little early so you and your child don't feel rushed.
- After you drop off your child, don't linger. The longer you stay, the harder it is. Say good-bye quickly and encourage his/her independence. Your kiddo will follow your lead.
- When your child comes home at the end of the day, ask him/her about his/her day. Share how proud you are of them, and celebrate that night (ex: special dinner, special dessert)!

Separation Anxiety?

- Having difficulty separating from a caregiver/parent is totally normal and age appropriate. Our teachers are experts at helping kids and parents with this transition to school. We are here to help:)
- Create a good-bye routine before the 1st day of school.
- Create a picture schedule to ensure your child of the routine (Examples of pictures: Get Up and Ready, Drive to School, Say Good-bye, Have Fun at School, Mom picks you up after school!)

Information from The Sunny Sunshine Student Support Store

Books to help your child prepare for Kindergarten

Many of these are found at the Mulvane Public Library!

- 12 Days of Kindergarten - Deborah Lee Rose
- Annabell Swift, Kindergartener - Amy Schwarz
- Chrysanthemum - Kevin Henkes
- Countdown to Kindergarten - Alison McGhee
- Don't Go - Jan Bresken Zalben
- First Day Jitters - Julie Danneberg
- First Day, Hooray! - Nancy Poydar
- Franklin Goes to School - Paulette Bourgeois
- Froggy Goes to School - Jonathan London
- I Love You All Day Long - Francesca Rusackas
- Kindergarten Rocks - Katie Davis
- Mouse's First Day of School - Lauren Thompson
- My First Day of School - Nancy J. Skarmers
- Berenstain Bears Go To School - Jan & Stan Berenstain
- The Night Before Kindergarten - Natasha Wing
- Tiptoe Into Kindergarten - Jacqueline Rogers
- Tom Goes to School - Margaret Wild
- Welcome to Kindergarten - James Howe
- Will I Have A Friend? - Miriam Cohen
- Will You Come Back For Me? - Ann Tompert



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