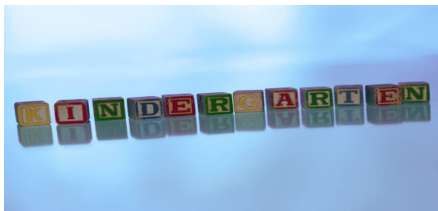


Kindergarten

is an exciting milestone.

For many Kindergarten students the start of school is exciting. As routine sets in, parents may see some challenges arise. It is important to remember that children will adapt to this new school journey in their own way.



The most important thing to remember is to have open communication with your child's Kindergarten teacher about your child's needs and experiences.

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Kindergarten Transition



Information for parents
about some possible
challenges faced by
Kindergarten Students

Challenges your child may encounter are;

- Tiredness
- Uneaten Lunches
- Bathroom Accidents

Challenge #1- Tiredness

Full day Kindergarten is a big undertaking for a 5 year old. Kindergarten requires a level of independence that takes some getting used to.

Some Examples:

- Looking after all their belongings
- Putting on and taking off their clothing
- Carrying their bag/back pack
- Riding the bus on their own

This new level of independence can be very tiring for Kindergarten Children

What are some solutions?

The average 4 to 6 year old requires 10 to 12 hours of sleep in a 24 hour period.

- Try having bedtime a little earlier
- If sleep won't come earlier, sit with them to read, colour, sing songs or just snuggle.
- Discuss your child's tiredness with the teacher.
- Problem-solve and explore options that work best for your family.



Challenge #2- Uneaten Lunches

School Lunch time can be a very new experience for Kindergarten students. They will experience;

- Supervision by intermediate students
- Scheduled eating times of approximately 15 min.
- Children eating in groups

What are some solutions?

- Pack foods that can be easily opened and managed
- Limit the choices in their lunch
- Use cookie cutters to make their lunch more interesting
- Kids need to learn to multitask
- At family meals take turns sharing stories while eating
- Remind your child to take bites while listening to the conversation so they can learn to eat and have a conversation at the same time.

Challenge #3- Bathroom Accidents

Sometimes Kindergarten students may have accidents at school during the transition period. Children sometimes are too busy or distracted to remember to go to the wash-room

What are some solutions?

- Do not over react
- Make sure your child has a change of clothes at school or in their backpack
- Talk to your child about taking bathroom breaks
- Reassure them it is OK to tell the teacher when they need a bathroom break
- Suggest times to think about it during the day, like snack time, before recess or after lunch

You may worry about the social stigma attached to accidents for your child among their peers. Bathroom accidents are quickly forgotten and rarely noticed by their peers.

