



# gearing up for **Kindergarten**



## The Importance of Reading.....

Read to your child about starting Kindergarten. Some good choices you can order from the library are:

*The Night Before Kindergarten* (Reading Railroad Books) Paperback, by illustrators Natasha Wing and Julie Durrell; *Miss Bindergarten Gets Ready for Kindergarten*, written by Joseph Slate and illustrated by Ashley Wolff; *Kindergarten Rocks!* by Katie Davis; *Look out Kindergarten, Here I Come!* by Nancy Carlson; and *I Am Too Absolutely Small for School (Charlie and Lola)*, by Lauren Child.



## Talk it out.....

Talking about the transition to Kindergarten in a positive way, can really help to ease their fears. If possible, try to not show your own anxiety about the transition.

Tell your child how you felt when you had to go to Kindergarten—and what made you feel better and how it turned out okay (that is if you can remember!)

Ask your child's siblings to tell her/him about their experience.

Give your child *time* to talk to you about their fears.

## Visiting the School.....

If your child's school offers an orientation day, do your best to attend with your child. If your child's Kindergarten provides a daily schedule of activities ahead of time, go over it with your son or daughter. Take photos of the school, the classroom, and the new teacher, if possible.



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## Play together.....

Try to do some play therapy at home. Small figures, stuffed animals, or puppets will do. Have your “actors” experience a transition to a new place. Don’t forget to “act out” coping strategies, for example, “Mr. Elephant feels scared. So what can he do? Maybe he could tell his teacher!”

Role play as much as you can (dramatic play is very important to help preschoolers learn how to accept change and how to begin new roles).



## Write a Story.....

With your child, write a story about his or her first day at kindergarten (with your child as the main character!) Include the setting at their school, the way they are feeling, the name of their teacher, etc.

## Acknowledge their Feelings.....

Remind your child “It’s okay to be afraid. Lots of kids feel just like you do.” It can be tempting to try to brush off a child’s fear (after all, **you** know it will be okay). Instead try to acknowledge your child’s fear as real and appropriate for them and their developmental level. Children need to feel that their parents believe how they feel is true and real.



## Communication.....

Here is a link to a booklet you can download as a starting point for sharing information with your child’s kindergarten teacher about your child.

[http://www.getreadytoread.org/images/content/downloads/Kindergarten\\_Readiness\\_Toolkit/getting\\_to\\_know\\_my\\_child-english.pdf](http://www.getreadytoread.org/images/content/downloads/Kindergarten_Readiness_Toolkit/getting_to_know_my_child-english.pdf)

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