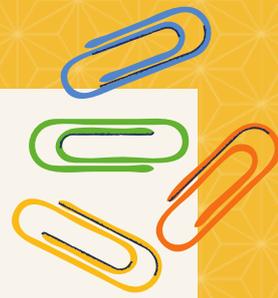


# Kindergarten Tip Sheet



Welcome to Kindergarten! We know that this year is a little different and you (and your little one) may be feeling anxious about entering JK or SK for the first time. TDSB Psychological Services has prepared a tip sheet to help with this very important milestone!

**1** First, pat yourselves on the back for being such a great support and caregiver to your little one! Take a moment to breathe and think about one thing that you are grateful for today. Your child is lucky to have such a wonderful, supportive person in their corner!

**2** Regardless of your child's daycare experience before, this is a brand new experience for everyone! It may be new for you, too. New experiences are sometimes anxiety provoking, but not always. Don't assume that your child will be anxious. Your child may be excited about this new step! When discussing school, try to model optimism and excitement. Although you should give them the space and time to express however they may be feeling, it is important not to 'press' your child to talk about their feelings. Kids at this age do not necessarily have the verbal skills or awareness to understand and put into words how they are feeling. Be aware of other signs of nervousness (tummy troubles, problems sleeping etc.). Things like a 'glitter jar' and 'worry doll' can help! (see resource section).



**3** Remember that as a caregiver, you have a super ability, and that is called 'co-regulation'. When caregivers are regulated, calm, and collected, it is easier for their children to also be calm. Although you may be anxious, practice some calming techniques like 4-7-8 breathing. Remember to try to model 'calm' whenever possible around your children. Make time for connection. When possible, get on the floor and play with your child. Make eye contact and have fun. Laughter and hugs go a long way!

**4** Try not to be concerned about whether your child is academically ready for kindergarten. You do not have to spend time 'preparing' your child (e.g., teaching them the alphabet and number or to write their name). They have all the tools they will need to begin this transition. The important thing is that they feel supported and connected at home. If you want to practice skills, take some time to practice hand washing and proper mask use (if desired).

**5** If your child needs extra support with skills like speaking, toileting, dressing, or eating, please let your child's teacher or principal know. There are a range of supports and services provided through TDSB to help you.

**6** Last but not least, reach out to your school community and fellow parents for support. There are also a number of resources provided through TDSB Professional Support Services (PSSP). More information can be found below. Remember, we are all in this together!



## **RESOURCES**

**[Calming Glitter Jar](#)**

**[Helping Children Manage Big Emotions](#)**

**[Worry doll craft](#)**

**[TDSB Mental Health and Well Being](#)**



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