

EASING THE TRANSITION TO SCHOOL.

What the Family Can Do.

1. Talk to your child about starting a new school.
2. Walk or drive by the new school with the child.
3. Visit the new program with the child before she/he starts. Provide an opportunity for the child to see the classroom and meet the new teacher.
4. Provide an opportunity for the child to play on the new playground, visit the school library, use the washroom, etc..
5. Introduce your child to the concepts of making new friends and sharing toys by using objects, pictures and books.
6. Provide opportunities for increased independence in self-help skills (toileting, dressing, eating).
7. Provide the child with opportunities to make choices and decisions (i.e. choosing own snack, clothes).
8. Meet with the child's future teacher to discuss the child's strengths, needs, favourite activities, areas where more support may be required, etc..
9. Promote communication between the child's present caregiver and the new teacher.
10. Develop a method of ongoing communication with the child's new teacher (phone calls, meetings, communication book).