

KidzStuff Transition to Elementary School

Preparing Your Young Scholar for the New Learning Environment



HEALTHY BEGINNINGS | THE BEST FOUNDATION

Introducing New Friends

Arrange for your child to play with children in the same grade or even the same class, in the school where he/she is going. Try to branch out beyond children your child already knows from preschool or the neighborhood.

Making Medical Appointments

Make an appointment with your child's physician to have all necessary medical forms completed and learn about any required immunization.

Get double prescriptions for any medications - one for home and one for school.

KidzStuff Transportation

We support the following schools:

- Baltimore Collegiate School for Boys Elem/Middle
- Benard Harris Elementary
- Cecil Elementary
- Commodore Rodgers
- Ft. Worthington Elem/Middle
- Harford Heights Elementary
- Henderson Hopkins Elem/Middle
- Hope Academy
- Montessori Public Charter

Be Prepared to Help Your child Manage Big Feelings

Children may experience big feelings during this transition. Big feelings such as frustration or being upset can lead to a child's strong reactions. It is ok to feel worried, nervous, happy, proud, and unsure. They are all accurate feelings for such a big change.

When children experience big feelings, it is the adult's responsibility to help them to self-regulate. Self-regulation is being able to manage feelings, so they don't intrude heavily on relationships or day-to-day life. Self-regulation is the ability to manage your emotions and behavior in accordance with the demands of the situation.

Remember to stay positive about the new school. Talk about exciting things that they will experience.

KidzStuff Before and After School Program

We provide the following before-school services and activities

- Breakfast
- Transportation
- Table Play
- Educational Gaming

We provide the following after-school services and activities

- Afternoon Snack
- Transportation
- Fitness & Physical Activity
- Arts & Crafts
- Technology Development

We provide the following school closure services

- Breakfast
- Afternoon Snack
- Field Trips
- Day Programming



Things To Do before the First Day of School: Build Bridges

- Follow the school's social media
- Send a note to the school nurse if your child has allergies, asthma, or medical conditions
- Take advantage of orientation days, visit days or other lead-up events
- Join the school's PTA
- Visit the bus stop
- Phase out napping
- Discuss expected changes such as riding the bus and eating in the cafeteria
- Learn about volunteer activities

Start your school routine early. Adjust new bedtimes or wake-up times a few weeks before school begins to reduce stress and get used to new routines. Routines are comforting for children and us. Read a soothing bedtime story every night to help your child fall asleep with comforting thoughts.

Label everything. Make sure to label backpacks, lunch boxes – everything your child brings to school.

Ensure that your child knows emergency information: Your first and last name, a phone number, etc.

Use Children's Literature to Support the Transition

Here are a few recommendations to get you started.

- David Goes to School by David Shannon
- Kindergarten, Here I Come! By D.J. Steinberg
- Kindergarten Rocks! By Katie Davis
- Miss Bindergarten Gets Ready for Kindergarten by Joseph Slate
- Mom, It's My First Day of Kindergarten by Hyewon Yum
- Pete the Cat: Rocking in My School Shoes by Eric Litwin
- Seven Little Mice Go to School by Kazuo Iwamura
- The Day You Begin by Jacqueline Woodson
- The Night Before Kindergarten by Natasha Wing

Once School Starts...

- Be supportive
- Read everything sent home by the school
- Express confidence
- Limit screen time
- Make a point to talk with your child about their day
- Don't overschedule your child's day. Give your child time to adjust before adding after school activities
- Attend parent-teacher conferences
- Establish homework routines
- Teach your child to be responsible for homework. Set a time. Establish a routine.
- Ask your child how he/she is feeling