How to help transition your child to Kindergarten...

No mom or dad likes to hear that piteous cry: "Don't leave me!" Transition from being at home to Kindergarten can be hard on your little one (and you). Below are some tips on helping you prepare your child for this transition.

* Talk about the transition early. Take them by the school and talk about what their day is going to be like including what it will look like when you leave them that first day. Practice this with them. Commit to stop walking them down to the classroom after the first 2 weeks.
* Say goodbye at the front glass doors. This increases independence and self-confidence.
* Take them to Meet the Teacher night so that they can see their teacher and classroom beforehand.
* Come up with a good bye routine so that they know when you do this it means good-bye until the end of the day.
* Reassure them that you will be back at the end of their day and that you will never leave them.
* Don’t create a big fanfare when leaving.
* Have a ritual when you pick them up. Have them name 3 things that they liked about their day so that they can be thinking of what they will say to you through out the day.
* Involve the school counselor if mornings are still rough after the first few weeks.

**List of Books that Help**

*The Kissing Hand* by Audrey Penn

*The Invisible String* by Patrice Karst

*I Hate Goodbyes* by Kathleen Szaj

When I Miss You by Cornelia Spelman

*Don’t Forget To Come Back!* By Robie Harris