



# How to Help Your Child Transition from Kindergarten to 1<sup>st</sup> Grade

## Explain to your child...

- *“In first grade you go to school all day, so you will have more time to read, write, play, and do math! You will even get to eat your lunch at school with the other kids. Your teacher and I will help you to learn how to do all the new things you do in first grade.”*
- *“You will get to do more things on your own. You need to listen to directions for how to do new things like put your backpack and jacket away, move from the desks to your rug, and work with other children in the classroom.”*
- *“Learning to read and write is exciting! You will get to try out strategies for reading new words and writing new words. We will work on these strategies when we are reading and writing at home as well”.*

## Show your child...

- **What a first grade classroom looks like** (if possible). Give them a tour of some things in the room.
- **That getting adjusted to school is the priority!** You don't want to schedule too many activities or events for your child at the beginning of the school year. They need time to adjust and they will be tired!
- **That when things get tough... you persist.** Be prepared for them to possibly change their tune about school after the first 6 weeks. They may love first grade at first, but then feel like they don't want to keep going, or like it's no longer “fun.” Explain that this can happen to adults too! But we adjust and grow and remain committed to things. It will get better!



## Encourage your child...

- **To take on more responsibilities at home** so they are prepared for this at school. Be clear about how they are responsible for clearing the table, cleaning up their toys/room, getting ready for bed, or ready in the morning, etc.
- **To read little books (at the A-E levels)** and explain that these are the kind of books they will reading in school
- **To write about things they like.** Encourage their writing at any stage of their development. Tell them they are real authors and what they have to say is important!
- **To talk about books when you read together.** *“In first grade, the teacher will be reading you books and you will talk about them as a class.”*