

# **My Child Is Going To Preschool...**



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# How Can I Support My Child's Transition into School?



## Practical Tips...

What are the goals associated with supporting your child's transition into school?

- Decreasing any possible anxiety;
- Promoting your child's sense of excitement, pride and happiness about the process;
- Having parents enjoy this new chapter.

## Tips and Suggestions:

Talk enthusiastically with your child about starting school.



Your enthusiasm and excitement is contagious as your children look up to you.

"No one of us has all the answers. I as a father certainly know that. And there is no one prescription for a child. But listening is so important. Most of us talk a lot and that doesn't leave much time for listening."

—Fred Rogers *Mary Wags to Say I Love You*, p. 750.



Have your child express feelings  
and thoughts about starting  
school.



Offer reassurance and comfort.

Visit the school environment and  
playground with your child.



Talk about the beauty of change.

## Participate in **play** with your child.

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- ***Play*** not an "extra"; it is essential in our children's lives. Children learn through play.
  - It is key to learning how to problem solve.
  - **Not only is play essential for development, but when you as parents play with your children, you become a role model and create a bonding experience.**
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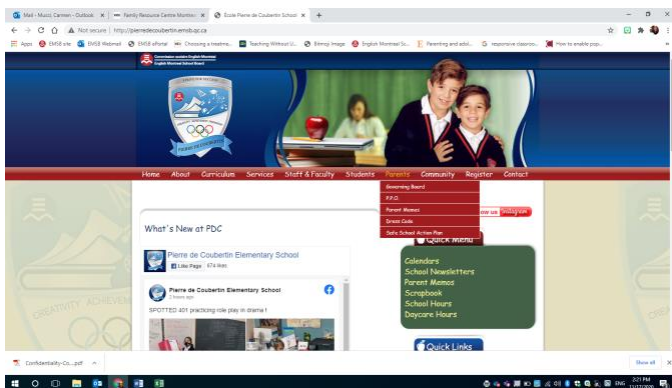


Take a picture of your child's  
new school.



Display the picture in a special location at  
home.

Explore parts of the school  
website with your child.



Set up playdates with family,  
friends and neighbours.



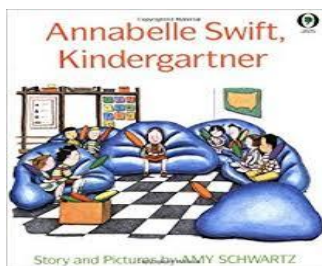
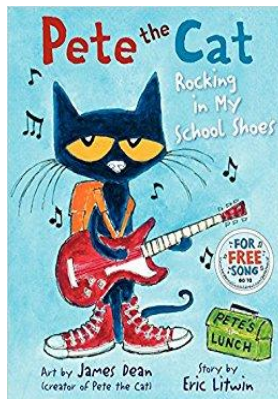
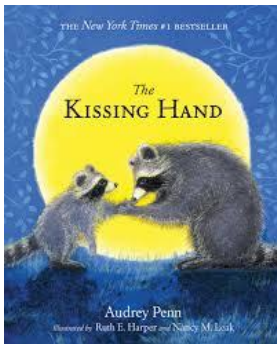
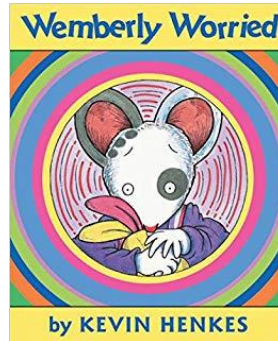
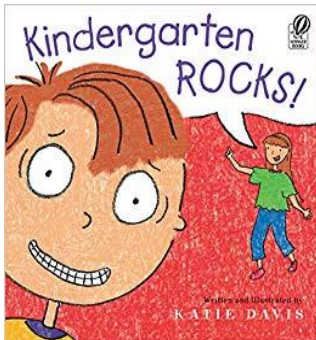
Turn taking

Advocating for  
themselves

Sharing



# Read books to your child about starting school.



## Child Development Websites






<https://naitreetgrandir.com/en/feature/>





## You are your child's first and best teacher!

Family engagement helps children be successful, in school and in life.  
You can help your child by

-  Following your child's lead as you play and discover together.
-  Talking and reading with your child in your first language.
-  Helping your child to share and take turns.
-  Encouraging your child to make choices and decisions.
-  Celebrating your child's learning.

<https://www.thelearningpartnership.ca/>



## St-Leonard Directory/Resources



Bottin\_des\_services  
\_communautaires\_R

**Autism Therapists in St-Leonard, Quebec**  
<https://www.psychologytoday.com/ca/therapists/autism/qc/saint-leonard>

**amiquébec**

Agir contre la maladie mentale  
Action on mental illness

*ans  
years*  
**40**

1977-2017

[Ami/Quebec - Family Support](#)