



# TRANSITION to Kindergarten

## To help CHILDREN transition . . .

- ✎ Visit the school. (Attend an orientation at the school in the spring, spring carnival, play on a school playground or visit the school library over the summer.)
- ✎ Practice “cafeteria style” eating at a local restaurant and practice opening food packages. Also, allow your child to serve himself from bowls at home.
- ✎ Shorten your child’s naptime a few weeks before school starts.
- ✎ Adjust your child’s sleep schedule several weeks before school begins - remember that a child needs at least 10 hours of sleep each night.
- ✎ Help your child choose a school bag and label it with his or her name. Also, choose a place in your home to put things each night to take to school each day.
- ✎ Talk about what will be familiar at kindergarten as well as what will be new.
- ✎ Add a family photo to your child’s book bag.
- ✎ Be positive - your child takes cues from you.
- ✎ Write a letter to the principal during the summer describing your child as a person (likes, dislikes) and as a learner. Describe the kind of teacher you hope he or she will have (no names, please).

## To help PARENTS transition . . .

- ✎ Recognize that you are in transition, too. Expect to feel scared and sad in addition to feeling excited about your child starting kindergarten.
- ✎ Think through and plan for food, transportation, and schedule changes. (When does school begin and end? What about before and after school care? Where is the bus stop? How much does lunch cost?)
- ✎ Visit the school and meet the teacher. Don’t be afraid to ask if things seem confusing! Ask for a conference (by note to the teacher) as needed.
- ✎ Talk to someone about your feelings. School counselors often set up special times at the beginning of the year for parents with entering kindergartners. You can also call TALKline (856-7800) or see a parent counselor at Project Enlightenment.
- ✎ Get involved! Volunteer in your child’s class, join the PTA, and volunteer in the school.
- ✎ Remember that your attitude will determine your child’s attitude. Your positive support of school increases your child’s confidence and success.

## About Kindergarten Registration in Wake County

- ✎ For 2008-09, a child must be five years old on or before October 16, 2008.
- ✎ For 2009-2010 and beyond, a child must be five years old on or before August 31st of the year they will enroll in Kindergarten.
- ✎ Enrollment begins the first Thursday in February.
- ✎ Go to your child's base school to register. To find your base school and information about magnet school choices, visit [www.wcpss.net](http://www.wcpss.net) or call 850-1921.
- ✎ When you register at your base school, bring with you:
  - ✓ Proof of residence (current electric, gas, or water bill)
  - ✓ A certified copy of your child's birth certificate
  - ✓ An updated immunization record

North Carolina law requires that a **kindergarten health assessment** be completed on or before the first day of school before a child can enter kindergarten. The health assessment must be completed no more than 12 months prior to the date of entry. Physical examination forms are available at Wake County schools, area doctors' offices or at the Wake County Health Department. Parents whose children do not have a regular physician can get health assessments and immunizations through the Wake County Health Department. First-time appointments should call (919) 250-4571.

## Books About Beginning School

[Look Out Kindergarten, Here I Come!](#) by Nancy Carlson

[Tom Goes to Kindergarten](#) by Margaret Wild

[When You Go to Kindergarten](#) by James Howe

## Books About Transitions & Changes

[The Kissing Hand](#) by Audrey Penn

[The Way I Feel](#) by Janan Cain

[Baby Rattlesnake](#) by Lynn Moroney

