

During the First Days of Kindergarten

Remind your child about the fun things that they will experience at school.

If your child is worried, acknowledge this and say, “I see that you are worried, and I know that you can be brave”. Talk to your child’s teacher for more tips to help develop a sense of belonging.

Give your child something special that you both have, such as matching bracelets, draw a heart or place a sticker on your hand and your child’s hand as a reminder of your love during the school day.

Make up a special goodbye handshake together or a silly parting ritual to help with the transition into school.

Leave a note or drawing in your child’s bag to bring a smile from home during the school day.

Ensure your child has a good breakfast or snack before leaving home.

Focus their attention on the reconnection after school. “After school let’s.....”.

Arrive early and give your child time to get settled before saying goodbye.

Have confidence in your child’s teacher to handle your child’s feelings.

Adapted from: Separation Anxiety During the First Days of Kindergarten. Tips for Parents and Caregivers. Anxiety BC - www.anxietybc.com

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Nurturing a sense of well-being and belonging supports children as they learn about and investigate the world around them. This sense is fostered through reciprocal relationships with people and places where each child is valued both as a gift and for their gifts – a feeling of being grounded in their immediate environment, their communities, their culture, and the wider world. Educators create environments in which every child feels confident to achieve to their highest potential, and where differences are recognized and celebrated.”

BC Early Learning Framework. page 67.



Ways to Help Your “Soon-To Be” Kindergartner Develop Independence and Joy

Listen, talk, sing, dance, play, explore and create with your child.

Read aloud, looking at pictures in the book, noticing things and talking about it.

Limit screen time, encourage outdoor play and healthy eating habits.

Follow a regular bedtime schedule.

Encourage your child to put on their shoes, clothing, open their lunch box, eat and use the washroom to develop independence.

Give your child opportunities for independence to support transition to kindergarten (play date, drop off with relatives, pre-school or attend a drop in playgroup).

Model kindness, notice and name feelings. Children learn from adults around them.

Participate in activities in your community. Attend welcome to kindergarten events in your school community.

Enjoy adventures in and around the school playground.

Check Out These Resources in Our Community:

WEST VANCOUVER MEMORIAL LIBRARY - Offers a variety of programs and resources for young children and families. Call 604-925-7408 or visit the library at 1950 Marine Drive. West Vancouver. <https://westvanlibrary.ca/kids-teens/kids-programs/>

IMPACT North Shore is an Immigrant Service Centre. Settlement Workers in Schools can help you understand the BC education system, provide information about your child’s school and educational resources, and connect you with the community. Call: 604-988-2931. <https://impactnorthshore.ca/our-services/settlement-workers-in-schools/>

THRIVE FAMILY PROGRAMS – Free family drop-in programs for parents and caregivers 0-6 years old. Call:604-986-9311 or visit them at West Vancouver Community Centre. <https://www.familyservices.bc.ca/find-support/thrive-family-programs/>

WEST VANCOUVER COMMUNITY CENTRE- Offers a variety of recreation programs and lessons. Call: 604-925-7270 or visit them at 2121 Marine Dr. West Vancouver.

WEST VANCOUVER COMMUNITY HEALTH CENTRE provides primary health care to residents of West Vancouver, Lions Bay, and Bowen Island. Call: 604-904-62000 or visit them at 2121 Marine Drive. West Vancouver.

NORTH SHORE COMMUNITY RESOURCES supports the wellbeing of children and families. offering workshops, drop-in programs and services. Helps families to find quality, affordable childcare. Through newsletters, and a current website. Call: 604-984-7138