



Ways to Support Your Child's Transition to Kindergarten



Getting Dressed

Practice buttons, zippers, and shoes.



Backpacks

Practice opening/closing containers and water bottles, and using utensils.



Dressing for the Weather

Practice putting on/taking off rain pants, jackets, and boots.



Toileting

Practice wiping and flushing.



Washing Hands

Practice washing hands with soap and water.



Illness Prevention

Practice coughing and sneezing into your elbow and using tissues to wipe your nose.



Snack, Lunch & Water

Practice opening/closing containers and water bottles, and using utensils.



Bedtime and Morning Routines

Practice going to bed early and waking up at the same time each day.



Goodbye Rituals

Practice saying a quick goodbye at the door.



Self-Regulation

Practice calming strategies (e.g., taking deep breaths.) and talking about feelings.



Fine Motor Skills

Practice cutting, gluing, drawing, colouring, painting, and/or using chalk and playdough.



Literacy

Read books, sing songs, and play games together in home languages.



Numeracy

Count and sort, bake and cook, and play games together in home languages.



Making New Friends

Set up playdates with similar-aged peers so your child can practice sharing and taking turns.



Get Outdoors

Practice playing at local parks and playgrounds.

Your Home Language Is Important



Speaking your home language helps your child succeed in school and in life!
Keep using it every day to build a strong foundation for learning.

Talk, Talk, Talk!

Speak your home language every day—during meals, playtime, and daily routines.

Read Together

Read books in your home language to build vocabulary and a love of reading.

Sing & Play

Songs, rhymes, and games in your home language strengthen language skills and make learning fun.

Connect with Family

Encourage thoughtful conversations with grandparents, relatives, and friends in your home language.

Celebrate Culture

Share traditions, festivals, and stories to strengthen sense of identity and belonging.

Write Together

Encourage drawing, writing, and labelling things at home in your home language.