



## Transition to Kindergarten

Are we ready?

All children enter Kindergarten at different stages and that's OK. Take some time to reflect on your child's strengths. What can they do well that will help them succeed? Remember that social and emotional skills are the greatest predictor of school success.

What are social and emotional skills?

- Interacting with other children and adults
- Understanding others' feelings and needs
- Ability to solve conflicts independently
- Manage and express personal feelings
- Gain self-esteem from showing new skills

*Reflect: How has my school experience shaped my feelings about this transition?*



Key Takeaways:

Young children look to us about how to feel. Manage your own feelings first so that you can convey calm and confidence to your child during this transition.

Be your child's emotions coach:

- Acknowledge child's feelings
  - Accept all feelings
  - Empathize
  - Keep reactions in check - matter of fact and positive

