

HELPING YOUR CHILD TRANSITION TO SCHOOL

Visit the school
and teacher
before the
first day.

Create a
goodbye ritual
to repeat
each day
with your child.

Arrive to school
on time so your
child can adjust
to the classroom
routine.

Help your child
choose a
transition object
to bring to school
and store in the
backpack.

After you say
goodbye,
make a quick
exit.

Have your
child
ride the bus
when
possible.



Helpful books to read with your child:

- Jasper Lizard Wants to Stay Home by Ashley Bartley
- The Kissing Hand by Audrey Penn
- The Invisible String by Patrice Karst
- What to Do When You Don't Want to be Apart

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