

# Kindergarten Prep Checklist for First-Time Parents

## Emotional Preparation

- ☐ Talk to your child about starting school
- ☐ Ask how they feel about making new friends
- ☐ Reassure them that nervousness is normal
- ☐ Share stories about your own first-day experiences

## Familiarizing with the School

- ☐ Visit the school together
- ☐ Walk around the yard and explore play structures
- ☐ Point out entrances and exits
- ☐ Repeat visits to build comfort
- ☐ Bike or walk to school if possible

## Building Social Comfort

- ☐ Arrange a playdate with a future classmate
- ☐ Meet at the school yard if possible
- ☐ Encourage bonding even if they're not in the same class

## School Supplies & Independence

- ☐ Shop for a backpack and lunch bag together
- ☐ Let your child choose their favorite designs
- ☐ Label all items with your child's help
- ☐ Give them small tasks to build independence

## Lunch Planning

- ☐ Involve your child in lunch prep
- ☐ Create a list of healthy lunch ideas
- ☐ Avoid packing the same lunch every day
- ☐ Skip sugary treats to encourage balanced eating
- ☐ Expect uneaten food—don't stress

### **Parent Prep**

- ☐ Stay calm and confident at drop-off
- ☐ Don't show anxiety in front of your child
- ☐ Cry in the car if needed (it's totally normal!)
- ☐ Celebrate this milestone with pride

### **If Things Get Tough**

- ☐ Communicate with the teacher if your child struggles
- ☐ Stay consistent with drop-offs
- ☐ Offer extra reassurance at home
- ☐ Trust that things will improve with time