

### A Note on Transitioning to Full-Day Kindergarten

Every child feels differently about starting kindergarten—some are thrilled while others aren't so sure. I have listed some behaviors I have often seen during the first few weeks of the school year. Along with each behavior, you will find a brief summary of what help and action you can expect from me, as well as suggestions for you to try at home. Rest assured that these are very normal reactions to a new situation, and will pass within a couple of weeks for most children.

<b>Behavior</b>	<b>Teacher will...</b>	<b>Parents can...</b>
Child is tired when arriving home from school.	Provide at least 30 minutes of resting time at school.	Ensure that your child gets 10-12 hours of sleep each night.
Child seems overly emotional or irritable at home.	Build a routine so child adapts to new classroom.	Keep a stable daily routine at home. Talk with your child about their feelings. Make sure your child is sleeping enough.
Child experiences homesickness or anxiety during morning drop-off.	Engage children in play activities right away so they have time to ease into the school day.	Establish a quick and simple drop-off routine so children know what to expect. Lingering generally draws out any emotional responses from children.
Child does not eat much of their lunch.	Provide 5-10 extra minutes for lunch for the first month of school. Encourage children to eat first, and then talk with friends. Write pin numbers on name tags so the line does not take as long.	Pack easy-to-open lunch items. Model eating quickly and practice at home. Remind students to eat before they chat with friends.
Child misses their old class/teacher.	Allow them to share about their old class.	Schedule play dates, allow time to adjust.