

TRANSITION INTO KINDY

Starting Kindy is a big milestone for both children and parents! It's normal for children and parents to feel nervous when saying goodbye. With some planning, routines, and reassurance – most children quickly build confidence and settle into their new environment.

BEFORE SCHOOL BEGINS



Prepare

- Talk about Kindy positively – what they'll do, who they might meet, and what happens at drop-off and pick-up.
- Visit the school where possible so your child can build familiarity.
- Attend pre-Kindy sessions to learn about routines, start times, uniforms, and parking.
- Practise short separations with trusted friends or family.
- Organise playdates so your child recognises familiar faces on the first day.
- Use a countdown or visual schedule for the first day.
- Read books about starting school (see list on next page).



Building routines and skills

These tips can help your child feel more confident and ready for their first day:

- Try on uniform and shoes (including practising dressing and undressing independently).
- Practise opening their school bag, lunchbox, packets, and drink bottle.
- Practise the steps in toileting and handwashing routines.
- Follow recess and lunch timings at home to get used to the school routine.
- Keep consistent morning and bedtime routines (including practising wake-ups for school).



Create a goodbye routine

Role-play and practise a short, consistent routine to help your child feel safe and confident:

- Tell your child you're leaving.
- Say where you'll be and when you'll be back ("I will go to work and be back after lunch").
- Mention something you'll do together later.
- Give them a hug and kiss.
- Leave calmly and confidently.



Avoid sneaking away or returning for "one more hug" – it makes the next separation harder.

THE FIRST DAY OF KINDY



The night before

- Lay out uniform, shoes, and school bag.
- Prep lunchboxes and water bottle.
- Keep the evening calm with a predictable routine.
- Aim for an early bedtime.
- Talk positively about the next day.



Morning drop-off

- Arrive on time – being rushed can add stress.
- Help your child settle into an activity.
- Use your goodbye routine, then leave calmly without lingering.

If your child becomes upset, trust the teacher to support them. Many children settle within minutes once parents have gone. Take a few deep breaths and plan something enjoyable for yourself afterwards.



Afternoon pick-up

- Be on time – seeing others leave first can be upsetting.
- Celebrate their first day and reconnect with warmth and interest.
- Expect tiredness and big emotions, which may continue for a few weeks as they adjust.
- Keep the evening simple with snacks, quiet play, and an early dinner.
- Don't worry if your child can't recall much about their day. Try gentle questions like:
 - "What was your favourite part of today?"
 - "What made you laugh?"
- Talk positively about tomorrow to help them feel excited and reassured.

LOOKING AFTER YOURSELF



Starting school is a big change for parents too. It's normal to feel proud, worried, or emotional.

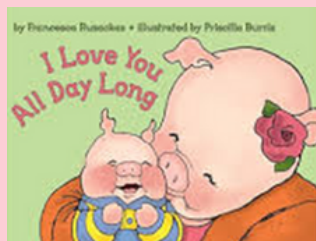
- Schedule something nice for yourself after drop-off.
- Connect with other parents – shared experiences can help.
- Remember – parenting is easier when you also care for your own wellbeing.
- Reach out for support if you're feeling overwhelmed – talk to a friend, family member, or your GP

BOOKS ABOUT STARTING SCHOOL

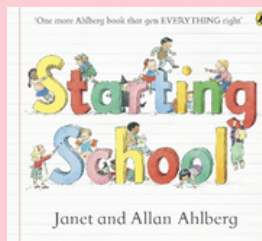
Stories are a gentle way to help children explore feelings about starting school. Reading together can prompt helpful conversations about what characters experience and how they manage their emotions. These titles can be found at local libraries, Story Box Hub (Online), YouTube, or purchased locally.



Starting School -
J. Godwin & A. Walker



I Love You All Day Long -
F. Rusackas



Starting School -
J. & A. Ahlberg



The Wild Guide to
Starting School -
L. Bunting



The Night Before
Kindergarten -
N. Wing



The Kissing Hand -
A. Penn



The Invisible String -
P. Karst



All About Starting
School - F. Brooks

HELPFUL RESOURCES

Raising Children Network

Evidence-based parenting information and practical tips for every stage of development, including a helpful "starting primary school" section.



raisingchildren.net.au

Triple P Online

Free online parenting program with strategies for calm, confident parenting. Look for Triple P Online (0-12 years) and Fear-Less Triple P (for parents of children 6-14 with anxiety).



triplep-parenting.net.au

Parenting Connection WA

Free local parenting workshops, groups and one-on-one support for families. Search for online and local sessions.



parentingconnectionwa.com.au

Ngala Parent Line

Free support and guidance for parents across WA. The Parenting Line is available from 8am to 8pm.



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FINAL REMINDERS



- Be patient – it can take a few weeks for children to settle into the new routine.
- Stay calm and confident at drop-off – your child will take their cues from you.
- Remember, every child adjusts differently – that's perfectly okay.
- Maintain consistent routines at home to support a sense of security.
- If you're concerned about how your child is settling, talk with their teacher.