



ECHEN HEALING SOCIETY KINDERGARTEN PACKAGE

Welcome to Kindergarten!

Contents of this Package:

- Preparing for Kindergarten: Tips and Support
- Essential Items
- Registration Form
- Kindergarten Parent Handbook

PARENT OR GUARDIAN HOMEWORK

CHECKLIST OF WHAT NEEDS TO BE COMPLETED

- 🍏 Original Registration Form double check it is filled out COMPLETELY
- 🍏 A copy of your child's birth certificate.
- 🍏 A copy of your child's immunization record.
- 🍏 Copies of any important medical information.

*Thank you for your cooperation. We look
forward to a wonderful year ahead!*



Preparing your parents for Kindergarten:

Tips

For our new Kindergartener....(*Parents please read this to your little one*)

Starting Kindergarten is a big step for parents, but we want to make this as easy we can on them by provided you with some tips on how help your parent/guardian get ready for kindergarten as well:

- When you share your excitement about starting kindergarten with your parents, it helps them feel happy and less worried. You can say things like, 'I'm really excited to meet new friends and learn new things!' When they see how excited you are, it makes them feel better and more confident about you going to school.
- Even though you can dress yourself now, which is amazing, your parents still love to help you in the mornings. You can remind them that you still need them for things like making breakfast or just spending a little time together before school. You could say, 'I can get dressed by myself, but I still need you to help me with breakfast and to give me a hug before I go to school.' This way, they know they're still important and needed, even as you become more independent.
- Starting kindergarten is a big step, and it's okay for everyone to have feelings about it. You can ask your parents to share their feelings with you too. You might say, 'How do you feel about me starting kindergarten?' This shows them that you care about their feelings and helps everyone feel loved and connected. When you talk about your feelings together, it makes the whole family feel closer.
- After school, you can show your parents what you've learned each day. You might say, 'Look at this drawing I made!' or 'Guess what I learned today!' Sharing these things makes your parents happy and proud of you. It also helps them see how much fun and learning you're having in kindergarten. They love hearing about your day and seeing all the new things you're doing!
- When you start kindergarten, it's important for everyone to have a morning routine. This helps make sure everything goes smoothly and everyone knows what to do. You can tell your parents, 'Let's make a morning plan together so we know what to do each day.' This way, you can all work together to get ready for school, and it helps your parents feel organized and happy too

With these tips, you can make starting kindergarten a positive experience for your parents too!





Preparing Parents for Kindergarten:

Support

1. **Acknowledge Your Emotions:** It's okay to feel anxious or sad about the separation. Recognize and accept your feelings without judgment.
2. **Stay Positive:** Focus on the positive aspects of your child starting school, such as their growth, learning opportunities, and new friendships. This can help shift your perspective.
3. **Create a Support Network:** Connect with other parents who are going through the same experience. Sharing your feelings and getting support from others can be very comforting.
4. **Establish a Routine:** Having a consistent drop-off and pick-up routine can provide a sense of stability for both you and your child.
5. **Stay Busy:** Engage in activities that you enjoy or have been wanting to do. Keeping yourself occupied can help distract from the anxiety.
6. **Communicate with the School:** Stay in touch with your child's teacher and school staff. Knowing that your child is in good hands can provide reassurance.
7. **Practice Self-Care:** Take time for yourself to relax and recharge. Whether it's through exercise, hobbies, or spending time with friends, self-care is important for managing stress.
8. **Celebrate Milestones:** Celebrate your child's achievements and milestones, no matter how small. This can help reinforce the positive aspects of their school experience.

Remember, starting kindergarten is a big step for both you and your child. By staying positive, creating a routine, and sharing your feelings, you can make this transition smoother for everyone. Your support and involvement are crucial, and together, you can make this new adventure a wonderful experience. Don't hesitate to seek help if you need it and celebrate each milestone along the way. You've got this!



Essential Items

1. **Backpack:** A sturdy, comfortable backpack to carry all their belongings.
2. **Lunchbox (optional):** Lunch and snacks are provided daily unless child is on a strict dietary plan and provided by parents a lunchbox will be needed.
3. **Water Bottle:** A spill-proof water bottle to stay hydrated.
4. **School Supplies:** Basic supplies like crayons, pencils, erasers, a small notebook, and child-safe scissors.
5. **Change of Clothes:** An extra set of clothes in case of spills or accidents, including underwear and socks.
6. **Comfort Item:** A small comfort item like a favorite toy or blanket to help ease any anxiety.
7. **Label Everything:** Make sure all items are labeled with your child's name to avoid mix-ups.
8. **Hand Sanitizer and Tissues:** For hygiene and cleanliness throughout the day.
9. **Sunscreen and Hat:** If your child will be spending time outside, include sunscreen and a hat for sun protection.
10. **Toque, Gloves, Scarf (optional):** It is recommended
11. **Emergency Contact Information:** A card with emergency contact details and any important medical information.