Action for Children

Roadmap to Kindergarten Readiness

Starting kindergarten is an exciting milestone for young children and their families. Here's a simple path providers can share with families to help children feel ready, confident, and eager for the first day of school.

1 Share School Stories

Read books about starting school, like The Kissing Hand, First Day Jitters, or Kindergarten Countdown. Ask your local library about story times or book bundles.

2 Connect with Schools

Provide families with sample school supply lists from nearby districts. Even if their child attends a different school, practicing with supplies helps children get familiar.

3 Practice Routines Early

Encourage families to start school-day routines like earlier bedtimes and wake-up time a few weeks before the first day. This helps reduce stress and build consistency.

4 Build Independence

Invite families to let children practice small but important tasks, such as:

- Putting on shoes
- Packing a backpack
- Opening lunch containers

5 Prepare for Longer Days

Support pre-K children in adjusting to the "no nap" schedule by offering shorter rest times or quiet activities. This makes the transition to full-day kindergarten smoother.

6 Talk About Feelings

Discuss common first-day jitters with families. Share tips for easing separation anxiety, and encourage them to create fun goodbye routines, like a special hug, handshake, or note in the lunchbox.

7 Celebrate Progress

Remind families that they are already laying the foundation for kindergarten success. Social skills, independence, and confidence develop over time — and every small step counts!

Get more early learning tips!

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