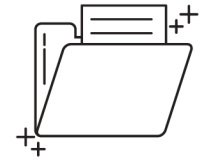


# KINDERGARTEN PREP LIST



|  |  |
|--|--|
| <b>ROUTINE &amp; INDEPENDENCE</b>  | <b>Lunch &amp; Snack Prep</b>  |
| <input type="checkbox"/> Practice wake up time routine<br><input type="checkbox"/> Practice hygiene routine<br><input type="checkbox"/> Practice eating breakfast independently<br><input type="checkbox"/> Set a consistent bedtime & wind-down routine<br><input type="checkbox"/> Practice saying goodbye with a loving ritual (hug, handshake, kiss on the palm, etc.)   | <input type="checkbox"/> Let your child practice opening lunch containers, juice boxes, and snack bags<br><input type="checkbox"/> Test out their lunchbox and water bottle to ensure they can manage it solo<br><input type="checkbox"/> Have a plan for what foods are for lunch vs. snack time (if they bring both)                                 |
| <b>School Familiarity</b>  | <b>Emotional Preparation</b>   |
| <input type="checkbox"/> Visit the school grounds or playground<br><input type="checkbox"/> Read books about starting school<br><input type="checkbox"/> Practice their full name, your name, and how to ask for help<br><input type="checkbox"/> Attend orientation or meet-the-teacher events  | <input type="checkbox"/> Talk about what school will be like in a positive, low-pressure way<br><input type="checkbox"/> Acknowledge and normalize nervous or mixed feelings<br><input type="checkbox"/> Share your own excitement or worries (in a calm way) so they feel safe to share theirs<br><input type="checkbox"/> Create a plan for feelings |
| <b>Skill Building (No Pressure!)</b>   | <b>HOME ORGANIZATION</b>   |
| <input type="checkbox"/> Practice following simple instructions<br><input type="checkbox"/> Build stamina for seated activities lasting for 10–15 minutes<br>Encourage taking turns, asking questions, and using “I” statements (“I feel...,” “I need...”)<br><input type="checkbox"/>   | <input type="checkbox"/> Set up a “school zone” at home<br><input type="checkbox"/> Create a morning/evening checklist with pictures if helpful<br><input type="checkbox"/> Establish a place for papers, forms, and weekly reminders<br><input type="checkbox"/> Take a first-day photo   |
| <b>And for You, the Parent</b>   |  |
| <div> <input type="checkbox"/> Prepare your heart—it’s okay to cry, celebrate, or feel unsure<br/> <input type="checkbox"/> Plan something kind for yourself after drop-off (coffee, walk, cry in peace 😊)         </div> <div> <input type="checkbox"/> Connect with other parents if you can—community helps!<br/> <input type="checkbox"/> Remind yourself: You’ve been preparing them for this moment         </div> |  |