



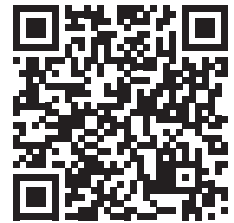
Kindergarten Transition Resource Page



School Mental Health
Resource  **Training Center**

Tips for Parents easing Separation Anxiety

- * Visit the school and your child's classroom before school begins.
- * Plan to meet with your child's teacher and the staff. Play on the school playground.
- * Walk around the school, pointing out interesting things and encourage your child to do the same.
- * Play separation games such as hide-and-seek.
- * Read books with your child about separation: [11 Children's Books to Ease Your Child's Separation Anxiety | Chaos & Quiet](#)
- * Make sure your child has plenty of sleep each night.
Create a routine: lay out their clothes the night before, have other items, such as shoes, jackets, and lunch boxes in their place where they are always found.
- * In their lunch box or their desk, place a family photo, note, or other item to remind them of you.



Tips for Teachers easing Separation Anxiety

- * Create a visible schedule for the students
- * Be the main point of contact - greet everyone in the morning with their name
- * Acknowledge feelings of both student and parent
- * Give transition activity options to students
- * Communicate with parents and families
- * Assign the student a special role (line leader, paper collector, etc)
- * Allow the student to have a picture or item from home to help them feel comforted.



Separation Anxiety and the First Days of Kindergarten - Crossroads Family Counseling Center

Separation Anxiety Activities and Tips - The OT Toolbox



Helping your Kindergartener with Separation Anxiety

How to Handle Separation Anxiety Meltdowns in Kids - The New York Times



Separation Anxiety in Children: A Guide for Parents



[Separation Anxiety Tips for
Teachers: How to Make School
Drop-off Go Smoothly | Teach Starter](#)

[Starting School Separation
Anxiety - Coping With Tears -
Kids Craft Room](#)



[Separation Anxiety in the Classroom -
Tips and Tricks for Teachers -
Play to Learn Preschool](#)