

# Welcome To Kindergarten

## Counsellors' Corner



WELCOME to School District #71 (Comox Valley)! We are so happy that you will be joining us for kindergarten in September. This newsletter is designed to give you some best-practice ideas for getting ready for the fall. You can find more information at this link: [Kindergarten Newsletter](#)



Tara & Bridget's Tips For School Readiness

### Technology

Monitor your child's use of technology. Reduce screen time (phone, tablets, tv) to one hour or less. The introduction to kindergarten is difficult for those children who have access to screens beyond an hour each day. Keep all technology out of the bedroom. Monitor the content of the games/shows to which your child is exposed. [www.common sense media.org](http://www.common sense media.org).

Play & sing together

Re-read favourite books

10 hrs of sleep!

Practice turn-taking

Count together

Sing ABCs

"Read" signs

Play I-Spy

Practice independence with lunch kit containers.



### Build Resilience

Go to the grocery store. Practice waiting in the lineup. Yes, it's boring, what can we do to learn how to tolerate boring.

Acknowledge the feeling and make a game to tolerate the feeling. Look for letters, colours, numbers in the store, make up a game that you can play while waiting. Your creative mind kicks in when you are feeling bored!



### Resources

[www.monadelahook.com](http://www.monadelahook.com)

[https://youtu.be/r\\_5eiYlo1XM](https://youtu.be/r_5eiYlo1XM)

[www.anxietycanada.com](http://www.anxietycanada.com)

[www.common sense media.org](http://www.common sense media.org)

Did you know...  
Our brains don't stop growing until we are 25 years old?

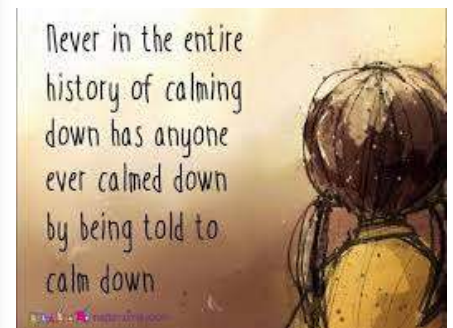
## Struggling with Behaviour/Tantrums?

Key word: Co-regulation!

Your own actions and reactions model to your child how to deal with difficult situations.

“Be the thermostat, not the thermometer!” As the adult, you can “set the temperature” of the room, even though your child may react with ups and downs (like the thermometer). Reacting to their behaviour escalates the situation; when they see you are not in control, they match your energy and nervous system.

“Personalize the relationship, depersonalize the discipline.” (Gordon Neufeld). Try the “Q-tip” principle (Quit Taking It Personally). When your child is misbehaving, it is not about you. It is an adaptive behaviour in a stressful situation requiring patience and modelling to regulate and calm your child so that they are available for learning a new way of coping. This is about teaching, not disciplining.



## Helpful Tips

Instead of...	Try....
Don't be nervous, there's no need to worry.	Most people worry when they try something new. We'll take it slow and figure it out as we go.
<u>You're</u> such a big boy/girl now!	Nothing changes about who you are – you're just going to meet new friends and learning new things.
You must be so excited!	So, you'll be in kindergarten soon, how are you feeling about that? What do you wonder?
If you have a hard time, I will come get you early, just have the school call me.	I trust that you will be okay because these teachers really care about you. I will see you at 2:30.
I will stay until you calm down.	Following the routine set out by the teacher and/or counsellor. Goodbye transitions should be quick.
Sneaking out when they are distracted.	Involve your child in the plan and rehearse it. Have calm confidence, despite any pleading or tears.
Thinking you are on your own as a parent in this	Reach out and ask for help! Counsellors and teachers can help make this a positive experience.
Discussing issues about other children and/or the teacher	Problem solving with helpful adults and continuing to demonstrate confidence to your child.