

# Accompany

your child towards school

Guide for  
parents

the transition  
towards school, an  
important step

The parent's role

Suggestions of activities  
to do with your child

Useful skills

First days of school

Useful links

Starting preschool,  
is the first contact  
with school!

By the agents of the first school  
transition and education  
consultants for the elementary  
level

Your child is getting ready to go to  
your local school. Here is a little  
guide to offer support during this  
important step , that is the first  
school transition !



## Why is this an important step in your child's life?

Your child will live through some major changes, once they cross the doors of school : |Separation from parents, developpement of their autonomy, the discovery of a new environment and meeting other people, including new friends.

For many children, this transition will be made with confidence, however for others, it may cause anxiety.

That is why, it is important to accompany your child in a positive and reassuring manner!



# What is the role of the parent?

As the first person responsible for the education of your child, you are the best person to accompany them in this first school transition.

Do not hesitate to inform the teacher about your child's needs or if your child received any services.

It is this information sharing that will ensure that your child is supported adequately and quickly.

Facilitate their passage towards school by suggesting fine and gross motor activities. Some useful skills may also be developed during the summer.

You will find some ideas in the next pages.



# Suggested activities to do with your child

- Play with playdough. Make sure it's firm, with no accessories, in order to develop muscles in the hands.
- Make your child walk, in the house, by imitating how animals walk (bears, snakes, cats, frogs, etc).
- While your child is on their stomach on the floor, have them write, play and draw.
- While your child is in a standing position, have them draw/paint (gouache) on large sheets of paper hung on the wall.
- Read aloud to your child. Have them sit on the floor (legs crossed) to get them used to this position.
- Play in the courtyard of their school. You can bring a ball, a bicycle, a skipping rope, etc.



# Useful skills for school

- Recognizing their school supplies (backpack, pencil case, lunch box).



- Being able to open their own containers alone (thermos included)



- Practice getting dressed alone, particularly, shoe laces, zippers and buttons.



- Being able to go to the bathroom alone.



## Useful skills for school

- Learn how to get organized (Teach your child to perform a task in stages. First show them , then allow them to experiment)



- Learn how to be perseverant (encourage them to finish a task even if its a difficult one)



- Learn how to concentrate (ask them to perform one task at a time, while keeping screens away from them at that instant )



# First days of school

You have a role in the perception that your child will have of their school. To support them and allow them to live the first days in a harmonious way, here are some final tips:

- Take your child to school, daycare service or to the bus.
- Make your child feel safe by reminding them of the day's schedule.
- Avoid saying that it will be easy, or that it will be hard, each child has their own way to live the transition to preschool.
- Encourage and praise their efforts in what they undertake.
- Be aware of your child's questions and behaviours.
- In order for your child to start off the transition year in a positive way, he will need to be able to talk to you. Remain reassuring.
- Make sure your child gets enough sleep.
- Psst! Have them do an eye exam (covered by the RAMQ public plan).





# Your local organizations are here for you!

Did you know that your neighborhood is filled with organizations ready to lend a hand in the educational success of your child and your family's organization process?

Here are some examples of the available support:

- Workshops on parenthood (routine, parent-child relationship, managing siblings, help with homeworks, etc.)
- Day-care, day camps
- Food help, collective kitchen
- Thrift store at low cost
- Employment or legal assistance
- Welcoming services and psychosocial support
- Etc.

To learn about your local organizations, dial **211** or visit their website: <https://www.211qc.ca/> (available in many languages).

Do not hesitate to contact your **CLSC** (Centre local de services communautaires) for free services: [sante.gouv.qc.ca/repertoire-ressources/clsc/](https://sante.gouv.qc.ca/repertoire-ressources/clsc/)

# Some resources

## Centre de services scolaire de Montréal

Here is a tool box to support your child in their academic success.

<https://www.cssdm.gouv.qc.ca/boite-outils/aider-enfant-reussir/>

Here is the program for the 4 and 5 years old preschool cycle.

<https://www.cssdm.gouv.qc.ca/prescolaire-primaire/programme-prescolaire/>

## Naitre et Grandir

Here is an article from Naitre et Grandir, *L'entrée à la maternelle*.

<https://naitreetgrandir.com/fr/dossier/bientot-la-maternelle/>

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