

The Parent Educator Reality

Parent Checklists & Guides • Practical tools for everyday family life

1. SCHOOL & KINDERGARTEN TRANSITION CHECKLIST

Use this checklist to help your child feel prepared, confident, and supported as they begin or transition to a new school experience.

■	CHECKLIST ITEM	DONE / NOTES
■	Talk about the new school Have simple conversations about what school may look and feel like.	
■	Visit or explore the school If possible, walk around the building, playground, classroom area, or route to school.	
■	Practice the routine Try wake-up, getting dressed, breakfast, leaving home, and bedtime routines before the first day.	
■	Practice independence Encourage your child to try opening containers, putting on shoes, using the washroom, and managing belongings.	
■	Prepare comfort strategies Talk about what your child can do when they miss home, feel nervous, or need help.	
■	Label belongings Clearly label items your child will bring to school.	
■	Pack together Let your child help choose and pack appropriate school items.	
■	Share important information Tell the educator about routines, interests, communication needs, comfort strategies, and anything else that supports your child.	
■	Create a goodbye routine Keep goodbye messages warm, calm, and predictable.	
■	Celebrate the milestone Take a photo, write a note, or create a small family tradition to mark this new chapter.	

Parent reflection: What is one thing my child is excited about? What is one thing I can do to make the transition feel easier?

2. DAILY FAMILY ROUTINE & CONNECTION GUIDE

A flexible guide to help families create predictable routines while making room for connection, play, rest, and independence.

TIME OF DAY	SIMPLE ROUTINE CHECKLIST
Morning	■ Wake up with enough time ■ Get dressed ■ Breakfast ■ Hygiene ■ Check belongings ■ Positive goodbye
After school / Daytime	■ Snack or meal ■ Talk about the day ■ Active play ■ Quiet time ■ Child-led play or activity
Evening	■ Dinner ■ Family connection ■ Prepare belongings for tomorrow ■ Calm activity ■ Hygiene ■ Bedtime routine

Weekly Family Connection Prompts

- What was the best part of your week?
- What was something that felt difficult?
- What made you laugh?
- What is something new you tried or learned?
- What do you want to do together this week?

Parent notes

Remember: Routines do not have to be perfect. The goal is to create a rhythm that supports your family and leaves space for connection.