



A smooth start to school

Practical tips to support your child as they prepare for school



Understanding emotions

- Recognize and acknowledge your child's emotions (Your child may feel worried, excited, nervous, or unsure.)
- Reassure them and validate their feelings
- Take slow, calming breaths together when they feel anxious
- Use pretend play to help them prepare for school (for example, playing "school" at home)



Screen time in moderation

- Recommended maximum: 1 hour per day
- The 3 "Don'ts" of Screen Time :
 - Not first thing in the morning.
 - Not during meals.
 - Not before bedtime.
 (Aim for at least one hour screen-free before sleep.)
- Encourage active play, free play, reading, and other off-screen activities



Healthy habits for learning and growing

- Children need 10 to 13 hours of sleep each night.
- Establish a consistent bedtime routine.
- Create a calm, screen-free sleep environment.
- Keep bedtime and wake-up times consistent, even on weekends



Building independence for school Help your child practise :

- Getting dressed independently.
- Using the washroom independently.
- Following simple daily routines.
- Create a short and reassuring goodbye ritual, such as: A hug or kiss, a special phrase, a comfort object.
- If possible, visit the school before the first day.
- Read books about starting school together.



Fueling their day

- Offer 3 balanced meals and 2 to 3 healthy snacks each day.
- Water should be the drink of choice.
- Include protein-rich foods in lunches and snacks (yogurt, cheese, eggs, nuts, etc.)
- Offer a variety of nutritious foods.
- Involve your child in meal planning and preparation.



Important health reminders

- Check your child's immunization record.
- Make sure vaccinations are up to date.
- Schedule regular dental checkups.
- Have their vision and hearing assessed if needed.
- If you have questions about your child's health, call 811.



Staying active every day

- Encourage daily active play, including outdoor play in all seasons.
- Run, climb, jump, and explore.
- Limit long periods of sitting.
- Be active together as a family.
- Enjoy and connect with nature whenever possible



Good hygiene habits

- Brush teeth twice a day for two minutes using fluoride toothpaste.
- Wash hands regularly (Before eating, After using the washroom, After blowing their nose or coughing, When returning home)
- Supervise handwashing when needed

The key ingredients for a successful transition

Consistency, predictable routines, and a supportive environment help children feel confident and ready for a positive start to the school year.



**Équipe
promotion-prévention
en milieu scolaire**