

Think Ahead

While we are waiting for everyone to log in, please take a minute to reflect on the following questions:

- How does the transition to kindergarten impact a child's grownups?
- Why should we support parenting adults, along with children, during kindergarten transition?





Countdown to Kindergarten: Supporting Parenting Adults Through Kindergarten Transition

July 27, 2023
10:00–11:30 a.m.

Welcome and Introductions

Today's session has been made possible through the collaboration of:

- Child Care Aware
- Jefferson County Public Schools
- La Casita
- Metro United Way
- National Center for Families Learning
- Play Cousins Collective
- Ready for K Family and Caregiver Action Network



Poll

1. Which of the previous Ready for K Alliance Countdown to Kindergarten virtual trainings did you attend? (Check all that apply.)
 - a. October - Registration and Enrollment Process
 - b. February - Health Requirements
 - c. May - Supporting Multilingual Families

1. How have you engaged with any of the Countdown to Kindergarten resources?
 - a. Seen them.
 - b. Read through them.
 - c. Shared them with staff or other partners.
 - d. Shared them with families.
 - e. I have not engaged with them.
 - f. I did not know about them.



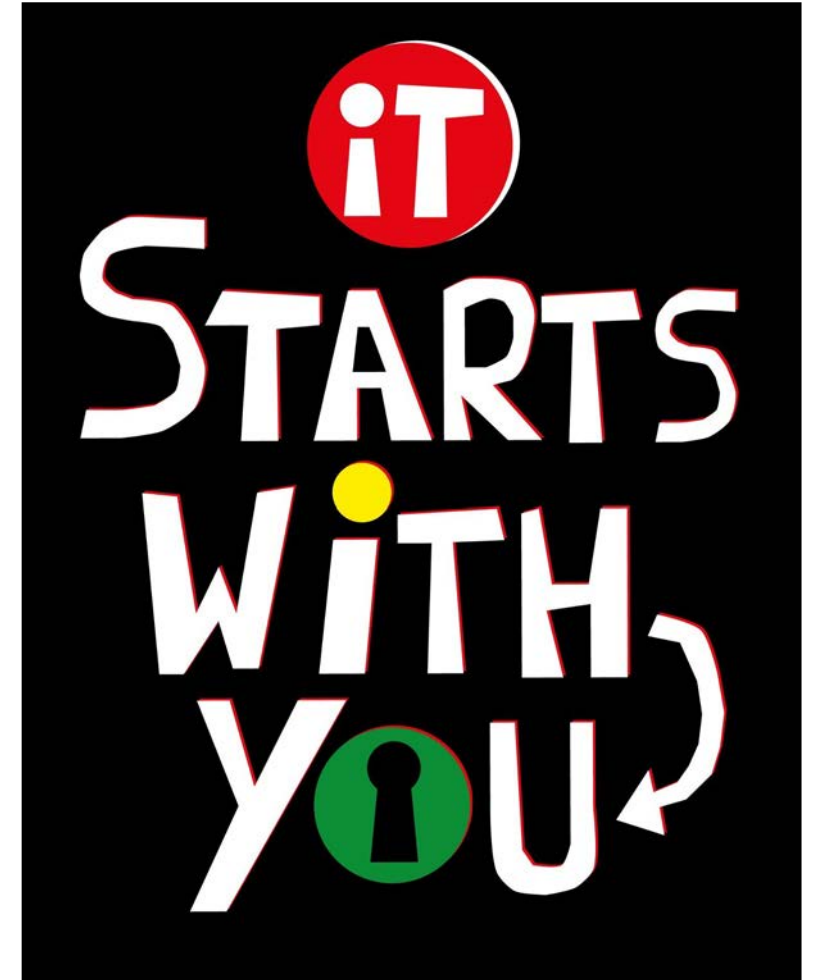
Today's Agenda

- Welcome
- Countdown to Kindergarten Calendars
- Supporting Parenting Adults—Logistics
- Mental Health Supports for Parenting Adults
- New Resources
- Feedback Form



Working Agreements

- Listen for understanding.
- Be an active participant.
- Type your questions and thoughts in chat or raise your hand as we go along rather than waiting until the end.
- Observe virtual meeting etiquette.



Project Purpose



- Provide guidance for families across the community as they transition to kindergarten.
- Provide information about kindergarten transition to community practitioners.
- Create consistency in messaging about kindergarten transition across the Louisville community.

Community Builder

- How does the transition to kindergarten impact a child's grownups?
- Why should we support parenting adults, along with children, during kindergarten transition?



Please share your thoughts in chat or unmute yourself to speak to the group.

Countdown to Kindergarten Calendars

Becky Goetzinger, NCFL

Countdown to Kindergarten Calendars

There are two versions of the calendar with corresponding information.

Family	Practitioner
<ul style="list-style-type: none">● Less text● Lower reading level● Translations available	<ul style="list-style-type: none">● More text with greater detail● Additional links and resources
<ul style="list-style-type: none">● Say nursery rhymes or sing songs with your children: Sing Simple Songs Family Activity.	<ul style="list-style-type: none">● Encourage families to share nursery rhymes, poems, and songs with their children. Be sensitive to families' varying literacy levels; adults who have limited reading skills can share rhymes and sing songs with their children.

Calendar Features

Information

- By Type
 - Transition process
 - Activities to support development
- By Age
 - Ages 3 to 5
 - Year prior to kindergarten
- By Time
 - Anytime
 - **Month-by-Month**



Year Prior to Kindergarten

- Two weeks before school starts, talk to your child about their first day of school. Help them make a plan for routines such as laying out clothes the night before and packing their backpack: [Keeps Track of Personal Belongings Family Activity](#).
- Discuss how your child will get to school. Will they walk? [Ride a bus](#)? Or be driven by a friend or family member? See the [Separates Easily from Parents and Family Activity](#).

Kindergarten Transition Process

- Try to attend events such as kindergarten camp, open house, and meet the teacher that will allow your family to visit the school. As your child becomes familiar with their school, they will feel safer and more excited about starting kindergarten.
- Your family may qualify for free or reduced price meals at school. [Find out if your school provides free meals to all students or if you need to complete a form](#). If you have questions, your child's office staff will be able to help.

Focus on Summer



3 to 5 Years

- Many community organizations offer summer programming for families. Sign up for the library's Summer Reading Program or the [Louisville Cultural Pass](#).

Kindergarten Transition Process

- Your child will need back-to-school supplies such as a backpack and clothing. Find out what your child needs for their school. Look for the list on the school's website. Make a plan to get as much of it ready as possible. Many community partners host supply give-aways.
- If your family needs help, reach out to the [Family Resource Center \(FRC\) coordinator](#) at your school. The FRC can help your family access the JCPs Clothing Assistance Program (CAP) which can provide free uniforms and other clothing. They can also help with supplies and appointments for health screenings.
- Walk, ride, or drive by your child's school if possible this summer. Point the building out to your child and talk about how much they are going to learn at school. This helps your child know that school is a safe place where learning happens.

Encourage families to walk, ride, or drive past their child's school throughout the summer. Families can talk to their children about how they are going to learn at school.

Additional Resources For Families

COUNTDOWN TO KINDERGARTEN

Health Requirements

In Kentucky, there are [health requirements](#) for school entry. State law sets these requirements. Children need health screenings. These exams are essential for school staff to support children's medical needs.

Health Screenings	Deadline
Physical Exam	Within two months of starting school
Dental Screening	By January 1 of kindergarten year
Eye Exam	By January 1 of kindergarten year

Children also need up-to-date immunizations. At your child's physical exam, ask your provider if your child has all their shots. Get a new copy of their [Kentucky Immunization Certificate](#). Families can ask to waive immunizations for medical or religious reasons. If families ask for exemption, they still need a copy of their child's Immunization Certificate. Schools should have your child's paperwork within the first two weeks of school.

Make appointments early in the year. Spring is a great time to schedule with healthcare providers. There are many resources in the community to help with free or low-cost healthcare for your child.

- You can visit [Family Health Centers](#) for providers, services, and information in your preferred language.
- The [Family Resource Center \(FRC\)](#) coordinator at your school may be able to help you with vouchers for health screenings. You may request interpretation when talking to JCPS staff. The [I-Speak cards](#) can help you request an interpreter.
- [Louisville Metro Public Health and Wellness](#) gives immunizations for school entry at their Newburg and Dixie clinics. You must set up an appointment by calling 502-574-5380. You can also check your child's records if they received their shots in Jefferson County.





COUNTDOWN TO KINDERGARTEN

Toileting Skills

Toileting can be a tricky topic for families of young children. Each child moves toward independent toilet use at their own pace. Your family can do what works best as you work toward your child's goal of using the toilet on their own. When children transition to kindergarten, teachers and staff are ready to meet children where they are. This includes toileting!

At school, children will attempt to use the restroom on their own. It does not matter if your child is completely toilet trained, there are parts of toileting that they can begin doing on their own. Go through the checklist with your child. Keep practicing the skills that your child cannot do yet.

Yes	Independent Toileting Skill
<input type="checkbox"/>	I can tell a grown-up when I need to use the restroom.
<input type="checkbox"/>	I can pull my pants down and back up when I use the toilet.
<input type="checkbox"/>	If I use a urinal, I can lower my pants just enough to use the restroom without exposing my lower body.
<input type="checkbox"/>	I can use toilet paper to wipe myself.
<input type="checkbox"/>	I can flush the toilet.
<input type="checkbox"/>	I can wash my hands.


For Parenting Adults



Considerations as Children Transition to Kindergarten

- Dress your child in clothes that are easy for them to take down and pull back up.
- Share your child's toileting needs with their kindergarten teacher. Teachers can help your child set and meet goals when using the restroom at school.
- Put extra underwear and sets of clothes in your child's backpack in case of accidents.
- If your child has medical needs related to toileting, talk to your child's healthcare provider or specialist. They can complete forms to help schools create a plan to address these needs.

Tips for Toilet Training

- Praise your child when they try to use the toilet, even if they have an accident. When you do this, they will not feel anxious about the process.
- Make a plan. Have your child try to use the toilet when they wake up in the morning and after naps, before leaving your home, before naps and bedtime, and before meals.
- Use this [resource from JCPS Early Childhood](#) to learn more about toilet training. It includes a chart to track times when your child succeeds in part of toilet training.





COUNTDOWN TO KINDERGARTEN

Transitioning to Kindergarten for Multilingual and International Families

Your child is starting a new journey in formal education. When children go to kindergarten, the transition can be hard for families. Jefferson County Public Schools (JCPS) has [resources](#) to help international and multilingual families as they begin kindergarten.

You may ask for an interpreter when talking with JCPS staff.

You can use an [I-Speak Card](#) to help. Carry the card with you and show it to school staff. You can print a paper card or take a picture with your phone's camera.

When you ask for an interpreter, school staff will connect with one via phone or an app. You will need to wait while staff access language services.

Programs

- If your family speaks other languages at home, your child may qualify for English Learner Services. You can ask for a screening up to six months before kindergarten starts. Call the [English as a Second Language \(ESL\)](#) department at 502-485-3623 for help.
- Your child can attend Camp Ready4K. This JCPS summer program helps families and children prepare for the transition to kindergarten. Children can learn new skills, engage with other children, and try out school routines. Registration opens in early spring. To learn more, call (502) 313-4357 or email jcps.help@jefferson.kyschools.us.

Health Requirements

The state of Kentucky has [health requirements](#) for children starting school. Your child will need physical exams and immunizations. Visit [Family Health Centers](#) for providers, services, and information in your preferred language.

Registration Requirements

To sign up for school, you must bring papers to show guardianship and residence. Families may register their children regardless of immigration status.

Type of Document	Accepted Document
Proof of Child's Birth	Birth certificate, passport, or I-94 form
Proof of Family's Address	Lease or recent utility bill
Parent's or Guardian's Identification	Driver's license or consular ID card from U.S. or former country

- If you do not have all documents, JCPS will still register and enroll your student. You will need to present your documents as soon as possible.
- If an adult does not have legal custody of children in their care, they can use a power of attorney form or caregiver affidavit.
- You may register your children for school even if you do not have a fixed, regular residence. Call the JCPS Office of Access and Opportunity at (502) 485-3650 for help.





Health Requirements

Toileting Skills

Transitioning to K for Multilingual Families

Translations

The **family-facing** Countdown to Kindergarten Calendar and resources are available in:

- Arabic
- English
- French
- Kinyarwanda
- **Nepali**
- Somali
- Spanish
- Swahili

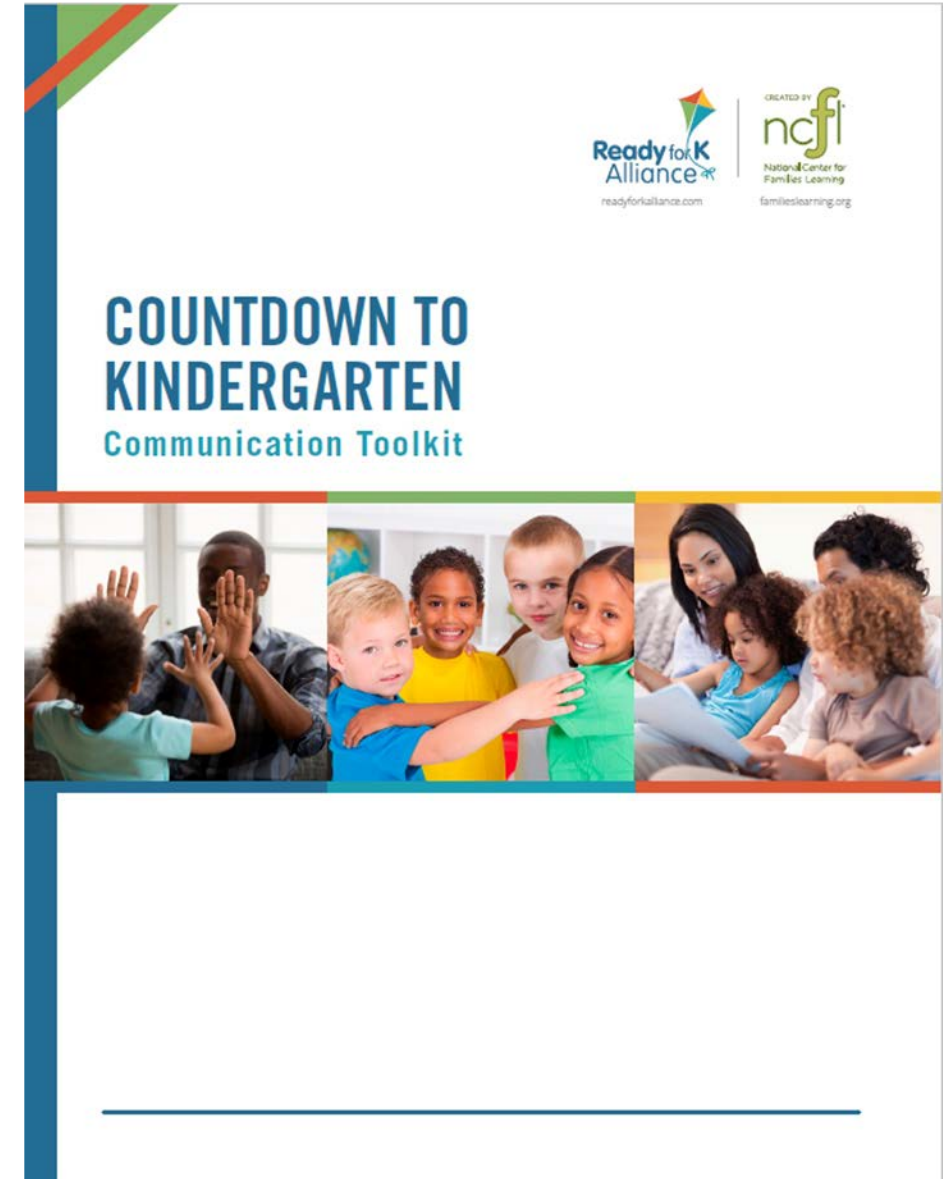


किन्डरगार्टनभन्दा अधिको वर्ष

- किन्डरगार्टनको पहिलो महिना रमाइलो र उत्साहजनक हुनसक्छ। तपाईंको बच्चा नयाँ कुरा गर्दा र सिक्दा खुसी मनाउनुहोस्। यदि तपाईंको बच्चालाई उठ्ने, स्कुलका लागि तयार हुने र स्कुल जाने बानी पर्न केही हप्ता लागेमा चिन्ता नगर्नुहोस्। तपाईंले रुटिनहरू बनाउन लगाएर, राम्रोसँग निद्रा पुर्याउन दिएर र उनीहरूसँग सँगै पढ्न वा खेल्न समय बिताएर मद्दत गर्न सक्नुहुन्छ।
- हरेक बच्चाका लागि स्कुलको सुरुवात फरक-फरक हुन्छ। तपाईंको बच्चालाई सुरुदेखि नै स्कुल मन पर्न सक्छ वा नयाँ रुटिनमा बानी पर्न केही समय लाग्न सक्छ। तपाईंले परिवारको रूपमा गर्न सक्ने एउटा सबैभन्दा राम्रो कुरा भनेको तपाईंको बच्चाको शिक्षकसँग सुरुदेखि नै र बेलाबेलामा भेटिरहनु हो। तपाईंसँग भएका प्रश्नहरू शिक्षकलाई कसरी राम्रोसँग सोध्ने वा आफ्नो बच्चाका कुराहरू कसरी राम्रोसँग बताउने भनेर जान्नुहोस्।

Communication Toolkit

- Tips for Posting on Social Media
 - Sample social media posts
 - Countdown to Kindergarten hashtags
- Tips for Other Types of Communication
 - Sample blurbs for emails and newsletters
 - Graphics



Poll

1. Which family-facing materials would you most like to have printed copies of to distribute to families with whom you work?

- Family Calendars—Oct., Nov., Dec.
- Health Requirements one-pager
- Toileting Skills one-pager
- Transitioning Multilingual Families one-pager

2. Which languages do you most need?

- Arabic
- English
- French
- Kinyarwanda
- Nepali
- Somali
- Spanish
- Swahili



Videos

- Partners have worked with families to make videos to make content more accessible.
- Will be added to the R4K website for partners to share.
- Reshare from MUW's social media.



Supporting Parenting Adults— Logistics

Allison Miller, NCFL

Financial Strain

One way that starting kindergarten impacts parenting adults is the cost.

- School supplies
- Health examinations
- Uniforms, clothes, and shoes
- School lunches

Support families by connecting them to free and low-cost resources in the community.



Paperwork

- At the start of kindergarten, families are required to fill out many forms.
- For JCPS, these forms are [online](#).
- Families can sign up for free or reduced lunch [here](#).

Support families by talking about the required paperwork or offering opportunities to complete forms with support.

FORMS

- Student information
- Health and medication
- Privacy—image capture
- Free/Reduced price lunch
- Volunteer background check

Goodbyes

Starting kindergarten often means saying goodbye to certain routines and events.

- Summer camps or activities
- Time at home with loved ones
- Childcare ending

Support families by encouraging them to talk about their feelings and help their children feel safe as they transition.



Changes in Schedule

Starting kindergarten, especially for an oldest child, may mean changes to the family's schedule. Families may need support scheduling around different routines.

- Morning routines
- Transportation routines
- Before and after school care
- Bedtime routines



Encourage families to keep simple routines. They can talk about their routines before they happen to prepare their children.

Child Care Needs

Kindergarten may disrupt a family's regular child care routine. They may need support finding before- and after-school care.



- Encourage families to reach out to their child's school to see what resources are available.
- Many schools have Family Resource Centers (FRC) that may be helpful.
- Many YMCAs have affordable options.

School–Home Connections

One of the most important things a family can do is to know exactly how to communicate with their child’s teacher and school. Families may consider:

- Learning their child’s teacher’s email and best method of contact.
- Subscribing to any school social media accounts.
- Using any school apps such as Snap Connect and Class Dojo.
- Knowing how to contact their child’s [school office](#).



Transportation

Every family will have a unique transportation plan for their children attending school. A new kindergarten student may cause changes to this plan.

- Families may walk to school.
- Families may drive to school.
- Families may use [bus services](#).
- Families may use a combination of these modes of transportation.

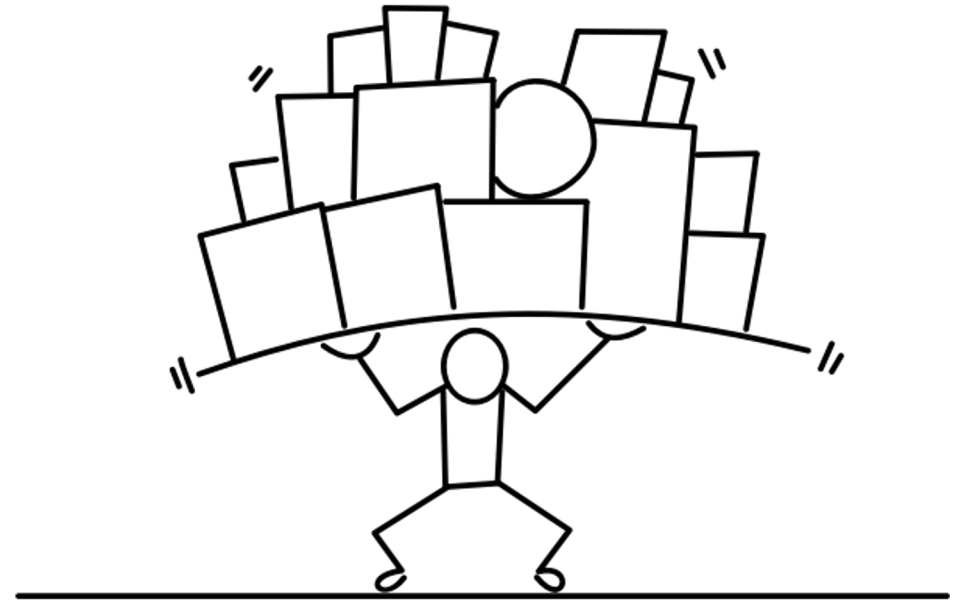


Ask your families if they know how their child will get to and from school in the fall. Encourage them to reach out to their school if they have questions.

Information Overload

It's important to realize families may feel overwhelmed by the amount of information they receive around school and transitions.

- Consider having information printed so families can refer back to it as needed.
- Provide translated materials as often as possible so that families can read information in their preferred language.
- Have grace!



Mental Health Supports for Parenting Adults

Yamira Rafael, La Casita Center

Balancing Work and Kindergarten

- Work time vs. school time
- Big and small opportunities for engagement in their child's education
 - Importance of home–school partnership
 - Can lead to behavioral changes

Adult Caregivers' Thoughts and Feelings

Common Worries and Fears

- Child being lost—wrong bus
- Picky eaters not eating at school
- Teacher relationship
- Child not having friends
- School safety
- Medical needs
- A lot of “firsts”
- Separation anxiety

Coping with Caregivers' Thoughts and Feelings

- Help families focus on what they can control.
- Talk about emotions.
- Plan with children to make sure they know:
 - Their name, address, phone number, and caregiver's name
 - What to do if parents are not home.
- Meet teachers and school staff.
- Find a support network—other families or school groups.
- Take a step back and breathe.

Changes in Child's Behavior

- Validating for families that behavior will change
 - Many families will see behavior changes
 - Explain when behaviors might need additional supports
- Helping families with transition
 - Planning ahead
 - Creating routines
 - Encouraging conversations regarding the change and differences

Changes in Child's Behavior

- Working early on coping skills
 - Encouraging conversation rather than punishment
 - Using emotion words
 - Taking a break and deep breath
- Encouraging families to be models of appropriate behaviors
 - Ensuring families are also mentally and physically well
 - Communicating about available resources if families need additional support
 - Identifying stressors
 - Ensuring families have support groups or school engagement

Concerns About School Safety

- Talk about school safety or not?
 - Encourage parents to have conversations about concerns in age-appropriate ways.
- Let families know their rights.
 - Ask about school safety plans.
 - Discuss safety concerns with school staff.
 - Attend board meetings.
- Know school and community resources.
 - Explain security resource to families.
 - Have access to 24/7 information for crises.

Resources at JCPS Schools

Family Resource Youth Service Center (FRYSC) Coordinator	<p>Focuses on removing barriers to learning.</p> <ul style="list-style-type: none">○ Encourage caregivers to talk to their school's FRYSC if they need referrals for Internet connectivity, counseling services, or referrals for food, clothing, shelter, and/or medical assistance.
School Counselor	<p>Provides classroom lessons, individual student planning sessions, and individual and group counseling to promote student success.</p> <ul style="list-style-type: none">○ Encourage caregivers to talk to their school counselor if they need assistance to plan for their child's future or to stay on track in school.
Mental Health Practitioner	<p>Offers intensive counseling support to students. Works with at-risk students on issues related to anxiety, bullying, anger management, and suicide prevention.</p> <ul style="list-style-type: none">○ Students are referred by school personnel. Encourage caregivers to talk to their child's teacher if they could benefit from services.

New Resource!

Getting Ready for the First Day one pager

- Top is a checklist format.
- Bottom includes resources.
- Link to community mental health resources.
- Translations will be available next week.



COUNTDOWN TO KINDERGARTEN
Getting Ready for the First Day

Ready for K Alliance
readyforalliance.com

CREATED BY
ncfi
National Center for Families Learning
familieslearning.org

Kindergarten is almost here! Here are some things your family can do to prepare for the first day of school. Every school is different, so check with your school about specific requirements.

- Gathering Materials**
 - School supplies
 - Clothing or uniforms
 - Backpacks
 - Lunchboxes (if needed)
- Setting a Schedule**
 - Bedtime
 - Waking up
 - Morning routine
 - Going to school
 - After school plans
- Identifying Transportation and Child Care Needs**
 - Bus, car rider, or walker?
 - Is morning and afternoon transportation the same?
 - Before or after school child care?
- Saying Goodbye**
 - Talk about summer activities that are ending.
 - Plan and practice a goodbye routine with your child.
 - Practice separating from your child.
- Connecting with School Staff**
 - Complete all forms.
 - Attend back-to-school events.
 - Sign up for school communication apps.
 - Follow school social media accounts.
 - Connect with your child's teacher.
 - Ask questions.

Starting school can be an exciting but also difficult time. Below is a list of resources that may help as you plan for your child's first day of kindergarten:

- Watch for supply giveaways at churches and community centers.
- Your school's [Family Resource Center \(FRC\)](#) can connect you to resources such as clothing and [health screenings](#).
- If you need help with [forms](#), call the JCPS Call Center at 502-313-4357 to ask for help. If you need interpretation, use the JCPS [I Speak Cards](#) to get help in your home language.
- Your family may get [free or reduced price meals](#) at school. Fill out the meal form for your school.
- The first day of kindergarten may be fun and exciting. It can also be hard or tiring. Before school starts, your family can deal with these feelings by making routines, getting sleep, and spending time together.
- The start of school is different for every family. It is important to connect with your child's teacher early and often. Show school staff, your child, and yourself grace during this time.
- There are [additional resources](#) for families who need support with children's behavior, developmental concerns, and mental health.

Call to Action



You can...

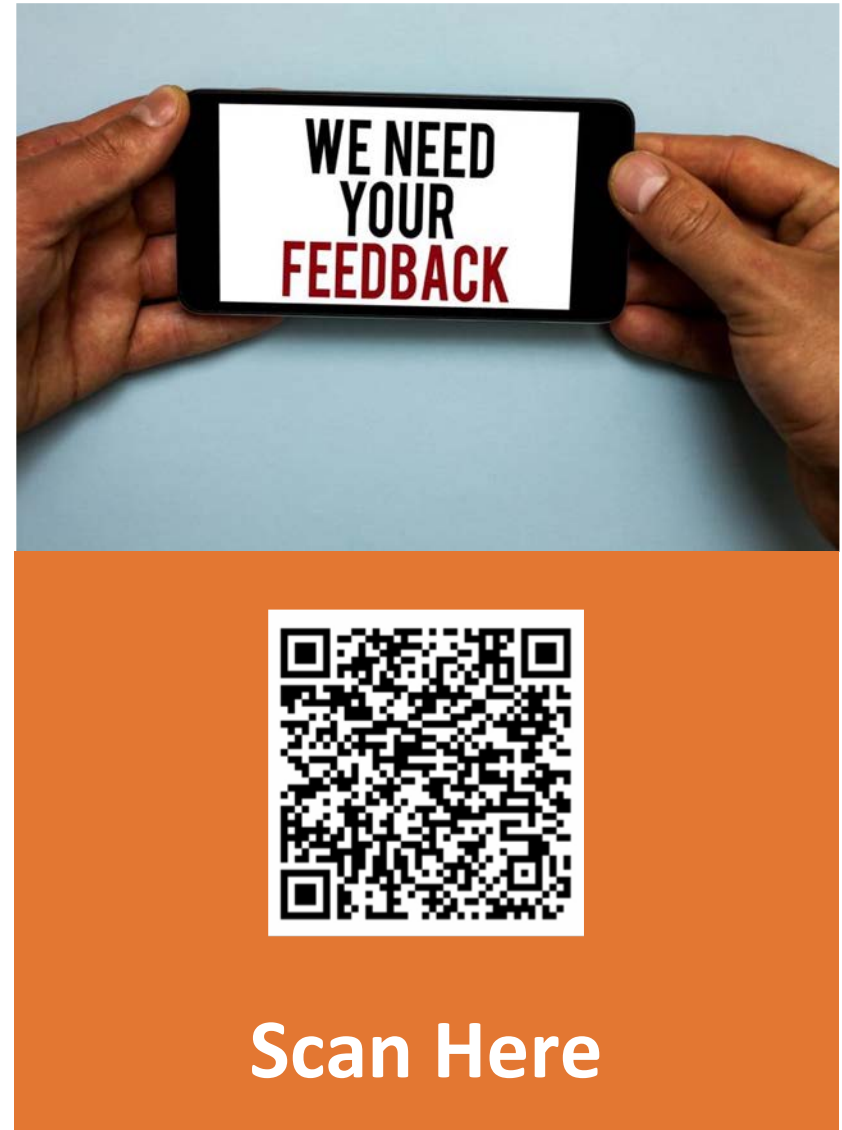
- Make a plan to reach out to at least one adult about kindergarten transition. Ask specific questions about how they are preparing for logistics.
- Share the Getting Ready for the First Day one pager with families.
- Create a social media post about supporting adults.

Wrap-Up

Becky Goetzinger, NCFL

Feedback form

- Please share your feedback.
- Scan the QR code with your phone's camera.
- Or use the link in the chat.



Where to Find Resources

The Kindergarten Transition materials shared today, and other materials related to this work, are available on the [Ready for K Alliance website](#).

- Click on the “Community Resources” tab on the homepage
- Then scroll down to “Countdown to Kindergarten”



Questions?



What questions might you have about the information presented today?

Thank You for Joining Us Today!