



# EDUCATION COUNSELING KINDERGARTEN

We hope this checklist helps you feel more prepared & confident as your child starts kindergarten. If you have any specific concerns, feel free to contact us.

## 1 EDUCATIONAL ASSESSMENTS

- Request that your school complete a comprehensive evaluation. Ensure your child has undergone a thorough assessment to identify disabilities, difficulties or barriers.
- A student may be referred for evaluation by a teacher, parent or school personnel if there are concerns about learning or behavior.

## 2 SCHOOL COMMUNICATION

- Schedule meetings with the principal, teachers, and special education staff to discuss your child's needs.
- Provide copies of assessment and relevant documents to the school.

## 3 CLASSROOM ENVIRONMENT

- Visit the classroom with your child to ensure the set up is conducive to your child's learning style.
- Talk to the teacher about necessary accommodations, such as seating arrangements, assistive technology, and modified assignments.

## SUPPORT SERVICES

- Identify available resources: Learn about the support services offered by the school such as speech therapy, occupational therapy, and counseling.
- If your child receives services with external providers, connect them with school providers.

## SOCIAL & EMOTIONAL PREPARATION

- Encourage playdates and social interactions to help your child develop social skills.
- Talk to your child about their feelings and expectations regarding kindergarten.

## 6 HEALTH & SAFETY

- Ensure the school has up-to-date medical records, including information about any medications or allergies.
- Discuss the school's emergency procedures and ensure your child understands them.

## 7 ROUTINE & STRUCTURE

- Create a consistent daily routine to help your child adjust to the school schedule.
- Practice independence: Encourage skills such as dressing, eating, and using the bathroom.

## 8 ADVOCACY & SUPPORT KNOW YOUR RIGHTS

- Join parents of children with disabilities groups for support and advocacy.
- Stay informed: Keep up-to-date with educational policies and resources that may affect your child's education.

## 9 POSITIVE REINFORCEMENT

- Recognize and celebrate your child's progress and achievements, no matter how small.
- Encourage self-confidence: Provide positive reinforcement to boost self-esteem.

## 10 CONTINUOUS MONITORING

- Regular check-ins: Schedule meetings with teachers and support staff to monitor progress.
- Adjust plans as needed: Be flexible and willing to adjust plans and strategies based on your child's evolving needs.

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