

## It's Just A Phase . . . So Don't Miss It

As a parent, you want to invest your time in things that matter. Like having the right conversation with your child at the right time, with the right things to say at your fingertips. These conversation guides will help you navigate the critical issues you face at each phase, as you imagine the end for your child. They are based on research from **The Phase Project**, a collaborative, ongoing effort assembling classic and innovative research with practical application.



Elementary

# TRANSITION

## PARENT CONVERSATION GUIDE

... for intentional conversations with kids

**Kindergarten.** Can you believe it? Your child—the one who just started preschool, or so it seems—is now ready for kindergarten! Yes, time does fly! The days of sippy cups and naptime are transitioning into homework and playground adventures. This is a time that causes excitement for some and fear for others—for both child and parent! The words you choose to say and not say will help you and your child have a positive transition into the next phase. During the days ahead, you'll want to comfort any fears they (and you) may have. We want to help you by giving you some words to say and not to say. Remember that your role during this time is to:

**ENGAGE** their interests

## WHAT TO SAY:

"Your teachers will be *(Mr. Todd and Ms. Kathy)*. They will be so happy to meet you!"

"Would you like to see your room? Let's go see it together."

"You are going to learn so many new things."

"Don't be afraid to ask your teacher a question if you don't know what to do."

"What are you most excited about going into Kindergarten?"

"Your teacher will help you know what to do each day, and where to go, until you get the hang of it."

"You might see some of your old friends, and you'll also meet some new ones."

"I can't wait to hear all about your first day!"

## WHAT NOT TO SAY:

"You will have lots of new friends in your new class."  
*(This can sound overwhelming.)*

"You will have all new teachers. Isn't that exciting?" *(It may sound more scary than exciting.)*

"You are a big kid now. You can walk into your new room without me."

"Big kids do not cry."

"You get to do big kid work now."

## JUST REMEMBER

Every PHASE is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future. Kindergarten is a time when your child is motivated by fun, thinks like a scientist, and always wants to know if they have your attention. In conversations, remember to give concrete examples and listen patiently to their questions and fears. Your child will thrive on routine and predictability, but they will also crave the opportunity for unstructured play. In this new season of school, remember to have fun together!