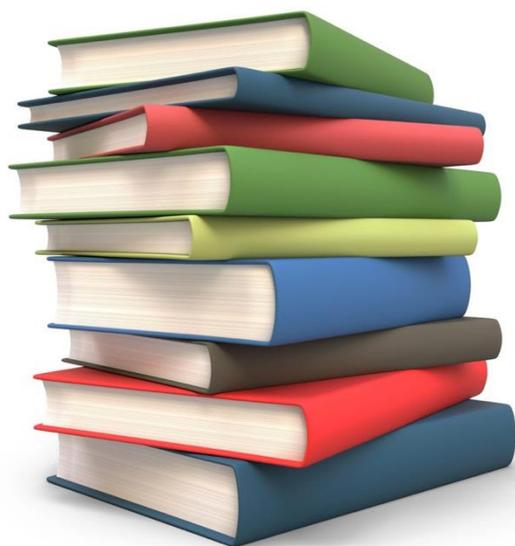


Families Transitioning to the School Year

for all McGill Parents and Guardians

an initiative from the JBSCE Subcommittee on Family Care, McGill University (2022)



As summer draws to a close, many parents and guardians are concerned about how to help their children transition into a new grade or school, or how we as parents can better adapt to different environments. This resource guide provides toolkits, advice, and activities to assist children in transition from the sunshine to an educational setting. It also provides:

- *tutoring and caretaking services,*
- *informative helplines,*
- *help for caregiving students & student parents,*
- *parents of children with special need,*
- *parents with 2SLGTBQIA+ children adjust to the new school year*
- *resources for parents with children of visible minorities and*
- *how to encourage children to be allies.*

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Parents with Children Transitioning to Higher Grades

Families with Children Transitioning to Pre School

- [13 Tips for Starting Pre School](#)
- [Transitioning to Preschool](#)
- [6 Transition Activities for Preschoolers and Toddlers](#)
 - [School Preparation: Transitioning from Daycare](#)
- [How to prepare your child for preschool](#)
- [Helping Children Transition into a New School Environment](#)
- [7 ways to ease the transition to daycare or preschool](#)

Families with Children Transitioning to Kindergarten

- [A Successful Kindergarten Transition - NEA Parents Resources](#)
- [School Readiness](#)
- [Get ready to read!](#)
- [Transitioning to Kindergarten Booklist](#)
- [Transitioning to Kindergarten Multicultural Booklist](#)
- [Preparing your child for kindergarten](#)
- [MI Kids Matter: Getting You and Your Child Ready for Kindergarten](#)

Families with Children Transitioning to Elementary School

- [Legacy Academy ~ Preparing Your Preschooler for Elementary School](#)
- [Helping your child transition to elementary school](#)
- [Transition resources for parents teachers and administrators](#)
- [Transition of young children into the elementary school system](#)
- [Supporting school transitions, considerations in the area COVID-19 +](#)
- [how to help your child transition to a new school](#)

Families with Children Transitioning to High School

- 10 steps are creating a smooth transition to high school
- transition to high school
- transitioning to high school – preparing your child
- Supporting children’s transition to secondary school – guidance for parents and carriers
- planning network – transitioning into high school – tool for families
- Ensuring a smooth transition into high school
- Expectations from school, clarify your vision, supporting your vision, focus on friendships, confidently independent

Returning to School: Suggestions for Caregiver Students

- [Supporting the Transitioning Back to School](#)
- [Caregiver Student Guide to Transitioning Students to Middle School](#)
- [Post-Secondary Education Guide for Parents and Caregivers of Students with Disabilities](#)
- [Transitions – Caregiver Education](#)
- [Students as Caregivers – Schooling Suggestions](#)
- [Caregivers’ Guide to Setting the Stage for Return to School](#)
- [The Challenges of Student Caregivers](#)

Returning to School: Student Parent Resources in Montreal

Students under 25

[Head and Hands](#)

[Young Parents Program](#) (support group)

Tutoring

[Learn Online Tutoring](#) (EMSB, maybe CSMB affiliated?)

Childcare

[YMCA](#) (Childcare, PED Day Care, After School Homework Help)

[CEPSUM Camps Through UofM](#)

Other Parent/Caregiver Resources

[Parents.Quebec](#)

[Family Resource Centres](#)

[AMI](#)

[Ministère de la Famille](#) (Financial Aid programs, Support Groups)

[Ligne Parents](#)

- LigneParents is a free and confidential hotline for all parents of children ages 0–20.
- Free hotline 24/7 –1 800 361-5085

[Première ressource](#)

- Free and confidential consultations by phone, email or chat, in French or English, with no time limit. For an everyday question or a complex problem
- Monday to Friday from 8 a.m to 4 p.m
- (514) 525 2573 | 1 (866) 329 4223
- consultation@premiereresource.com

[Libra](#) (Resources for support, mental health, housing, intervention etc.)

[Resources for Caregivers through CIUSSS West-Central Montreal](#)

[McGill Student Resources through SAA](#) (OSD)

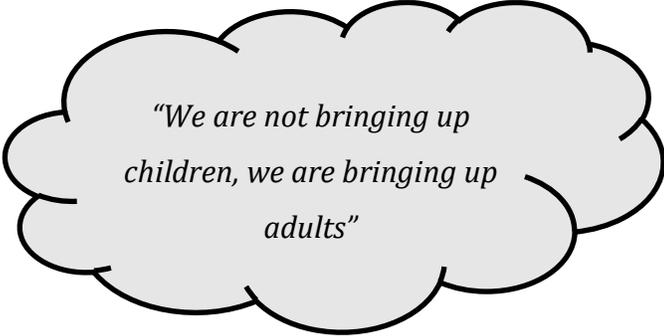
Additional Time Management Tools

- [MindTools](#)
- [Simon Fraser University Time Management](#)
- [McGill Time-Management](#)

How to Encourage Your Child's Career Interests

1. Stay open minded
2. Be a positive influence
3. Encourage your child to speak to other adults about their career interests
4. Watch movies and television together
5. Read books, together or encourage your child to read books
6. Do things together
7. Reassure your child that you will support their dreams no matter what
8. Make it easy for your child to participate in work experience programs in order to explore their options
9. Encourage your child to participate in community or school activities
10. If your child is ready, encourage them to seek a part-time job to gain experience in the workforce
11. When at an applicable age, start to help them build a career profile

[Link](#): 11 Tips to encourage your child's career interests



*"We are not bringing up
children, we are bringing up
adults"*

Transitioning to the Schoolyear

Children with Special Needs

- [Special Needs Education in Canada](#)
- [Children with Disabilities or Diverse Abilities](#)
- [Special Education: Quebec](#)
- [Children with special educational needs](#)
- [Friendship Circle](#)
- [Adapting Our School to the Needs of All Students](#)

2SLGTBQIA+ Children

[A Parent's Quick Guide for In-School Transition](#)

[Strong Family Alliance](#)

[Gender-Diverse and Transgender Children](#)

[Parenting a Gender Diverse Child: Hard Questions Answered](#)

[Family Acceptance Project](#)

[Gender Spectrum](#)

[Trans Youth Family Allies](#)

[The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens by Stephanie A. Brill and Rachel Pepper \(Cleis Press, 2008\)](#)

[Trevor Project](#)

[Trans Student Educational Resources](#)

[Youth Pride](#)

Advocacy Organizations

[The Human Rights Campaign](#)

[National Center for Transgender Equality](#)

[Trans Youth Equality Foundation](#)

[GLAD](#)

[The Transgender Law and Policy Institute](#)

[Lambda Legal](#)

Parents with Children of Visible Minority

[Resources | Parents of Black Children](#)

[ByBlacks: Black Youth and Family Services](#)

[10 tips for teaching and talking to kids about race](#)

[Anti Racism Resource Library](#)

[Racial Equity & Inclusion - Connecting for Kids](#)

[Equity, Diversity, and Inclusion Resources](#)

[Highlighting the Positive Development of Minority Children](#)

[10 Tips for Teaching and Talking to Kids About Race](#)

[Minority Mental Health - On Our Sleeves](#)

Becoming an Ally: Teaching our Children

[8 Ways To Be a \(Better\) Ally - The Peel – Syracuse University](#)

[Anti-Racism Guide: Resources for Education and Action](#)

[How to be an Authentic Ally for Minority Groups](#)

[How to be an ally: building stronger platforms for minorities](#)

[How to Teach White Kids Allyship](#)

[How to Help Your Child Be An Ally - Maisonette](#)

[5 Everyday Ways To Teach Your Kid To Be A Proud LGBTQ Ally](#)

[Teaching Young Children About Bias, Diversity, etc.](#)

[How to Talk Honestly With Children About Racism - PBS](#)

Some tips from the McGill Parents network group (on MS TEAMS):

Definitely have a timeplan for the day to day routine. getting up time, packing lunch (or the night before), getting dressed, commute, drop off, pick up, dinner, homework, family time, bedtime.

Do not overbook your schedule. Eg I'm personally against extracurricular activities after school (ballet, soccer ...) and keep it to 1-2 activities per child on the weekend.

And it's ok to put your child after dinner in front of Netflix, occasionally, to have a glass of wine in a separate room. Don't feel guilty!

Have some fellow parent friends to vent to. We've all been there.

Karin

We found having a consistent lunch schedule helpful for meal planning. Example Monday: sandwich, Tuesday: thermos/pasta, Wednesday: wrap, etc, and kids enjoy the routine. Kids empty lunch boxes/wipe them down once home, older kids wash lunch containers. Prep school bags the night before. We have a cubby system in our garage, kids come in/out via the garage and have easy access to their items (jackets, hats, boots, school bags). The lowest shelf is above a heater which they lay mittens for quick drying in the winter. Unlike Karen, our kids are in multiple sports and activities during the week and weekend so planning is key. Oh, the best one I have is a framed whiteboard

calendar above the kitchen table. Each child is a different color pen, this way in the morning they know what to expect for that day in terms of activities, tests, project due dates. It makes them more responsible to get their sports bags ready and alleviates me from reminding them.

Alissa

Podcasts from Curious Neuron (Scientifically-Informed Parenting)

[Helping your child transitions with guest host Anna Skates](#) (19 minutes)

[5 skills to work on before your child starts school](#) (29 minutes)

These were helpful.

Domenico

[Our McGill Parents Network group on MS TEAMS site is open to all those who have a mcgill.ca email address! Click here!](#)

Thank you for taking a look through our Transitioning Guide! We wish you all the best for the year ahead.

Our Family Care sub-committee aims to be inclusive in bringing together a number of ideas for you, our wonderfully diverse McGill community. We hope everyone will find something that appeals. [Please let us know of your own favourite resources, questions or if you couldn't find something and would like to let us know.](#) We will do our best to get back to you!