

Families Transitioning to the School Year

For all McGill Parents and Guardians

An initiative from the JBSCE Subcommittee on Family Care, McGill University, 2023

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 as parents, we can better adapt to different environments.

This resource guide provides toolkits, advice, and activities to assist children in the transition from the sunshine to an educational setting. It also provides:

- *tutoring and caretaking services,*
- *informative helplines,*
- *help for caregiving students and student parents,*
- *resources for disabled and neurodivergent children and families, 2SLGTBQIAP+ children and families and Black, South Asian, Chinese, Muslim, Latinx, and Indigenous children and families*
- *Information about moving towards allyship: accountability and teaching our children*

Parents with Children Transitioning to Higher Grades

Transitioning to Preschool	<ul style="list-style-type: none">• <u>13 Tips for Starting Pre-School</u>• <u>Transitioning to Preschool</u>• <u>6 Transition Activities for Preschoolers and Toddlers</u>• <u>School Preparation: Transitioning from Daycare</u>• <u>How to prepare your child for preschool</u>• <u>Helping Children Transition into a New School Environment</u>• <u>Seven ways to ease the transition to daycare or preschool</u>
Transitioning to Kindergarten	<ul style="list-style-type: none">• <u>A Successful Kindergarten Transition - NEA Parents Resources</u>• <u>School Readiness</u>• <u>Get ready to read!</u>• <u>Preparing your child for kindergarten</u>• <u>How to Get Your Child Ready for the First Day of Kindergarten</u>
Transitioning to Elementary School	<ul style="list-style-type: none">• <u>Legacy Academy ~ Preparing Your Preschooler for Elementary School</u>• <u>Helping your child transition to elementary school</u>• <u>Transition resources for parents, teachers and administrators</u>• <u>Transition of young children into the elementary school system</u>• <u>How to help your child transition to a new school</u>
Transitioning to High School	<ul style="list-style-type: none">• <u>10 Steps for Creating a Smooth Transition to High School</u>• <u>Transition to High School</u>• <u>Supporting Children's Transition to Secondary School</u>• <u>Planning Network – Transitioning into High School – Tool for Families</u>

- [Ensuring a Smooth Transition into High School](#)
- [Transitioning to High School: Expectations](#)

Returning To School: Student Parent Resources in Montreal

<p>Suggestions for Caregiver Students</p>	<ul style="list-style-type: none"> • Supporting the Transitioning Back to School • Post-Secondary Education Guide for Parents and Caregivers of Students with Disabilities • Students as Caregivers – Schooling Suggestions • Caregivers’ Guide to Setting the Stage for Return to School • The Challenges of Student Caregivers
<p>Students under 25</p>	<ul style="list-style-type: none"> • Head and Hands • Young Parents Program (support group)
<p>Tutoring</p>	<ul style="list-style-type: none"> • Learn: Online Tutoring
<p>Childcare</p>	<ul style="list-style-type: none"> • YMCA (Childcare, PED Day Care, After School Homework Help). • Childcare Establishment Locator: Montreal
<p>Other Parent/Caregiver Resources</p>	<ul style="list-style-type: none"> • Parents.Quebec • Family Resource Centres • AMI • Ministère de la Famille (Financial Aid programs, Support Groups) • Ligne Parents <ul style="list-style-type: none"> ◦ 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 <ul style="list-style-type: none"> ◦ 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 <ul style="list-style-type: none"> ◦ Resources for support, mental health, housing, intervention etc. • Resources for Caregivers through CIUSSS West-Central Montreal • McGill Student Resources through SAA (OSD)
<p>Time Management Resources</p>	<ul style="list-style-type: none"> • 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

Click [here](#) for more tips!

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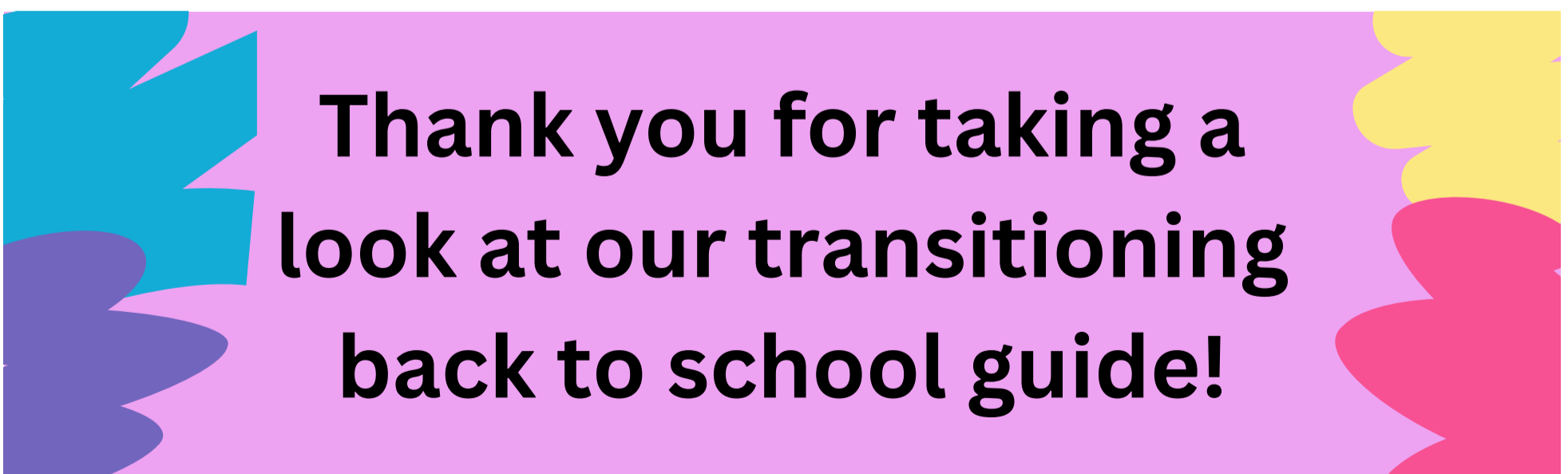
Disabled and Neurodivergent Children

- [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](#)
- [How Schools Can Support Neurodivergant Students](#)
- [Neuro/Diversities: Community organization in Montreal](#)
- [Supporting Trans Autistic Youth](#)
- [Children's books about disabilities](#)
- [10 Principles of Disability Justice](#)

2SLGBTQIAP+ Children

- [Montreal LGBTQ+ Community Centre](#)
- [Information on Gender Affirming Surgeries and Hormone Replacement Therapy in Quebec \(in French only\)](#)
- [Gender Affirming Gear Guide \(in French only\)](#)
- [TransEstrie's reading list](#)
- [Pride Therapy Network Montreal](#)
- [Montreal 2SLGBTQ+ resources](#)
- [The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens](#)
- [Trevor Project](#)
- [Family Conflict and Reconnection](#)
- [Glossary of Terms](#)
- [Trans Student Educational Resources](#)
- [LGBTQI+ Migrant Support](#)
- [LGBT Family Coalition](#)
- [A Guide to They/Them Pronouns](#)
- [The Gender Book](#)

	<ul style="list-style-type: none"> • Beyond the Gender Binary • Book list for LGBTQ+ kids and teens • Books that showcase LGBTQ+ families
<p>Resources for Black, South Asian, Chinese, Muslim, Latinx, and Indigenous Children and Families in Montreal</p>	<ul style="list-style-type: none"> • Resources Parents of Black Children • The Black Community Resources Centre Montreal • Black Healing Centre: Resources • The South Asian Women's Community Centre • Chinese Family Services of Montreal • Canadian Council of Muslim Women • CAFLA: Centre d'aide aux familles Latino-Américaines • Native Montreal: Family Wellness Program • Native Friendship Centre of Montreal • Kahnawake Shakotia'takehnhas Community Services • Minority Mental Health - On Our Sleeves • Skin Like Mine and Hair Like Mine by Latashia M. Perry • Surviving the City: Young Adult bookseries about Indigenous and Two-Spirit Youth by Tash Spillett • Braiding Sweetgrass: Young Adults Edition by Robin Wall Kimmerer • 22 Books that showcase all types of families
<p>Towards Allyship: Accountability and Teaching our Children</p>	<ul style="list-style-type: none"> • Understanding racial terms • Anti Racism Resource Library • Racial Equity & Inclusion - Connecting for Kids • Resources for teaching and talking about race with children • 10 Tips for Teaching and Talking to Kids About Race • This Book is Anti-Racist by Tiffany Jewell • Anti-Racism Guide: Resources for Education and Action • Ways to be a (better) ally • How to teach white children about allyship • Ways to teach your children to be an LGBTQ+ ally • How to talk to children honestly about racism • The Power to Change the World: A Teaching Unit on Student Activism in History and Today • Introducing Disability Justice to your kids • Disability Justice and Youth



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, or 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!

Click [here](#) to join our McGill Parents Network Group on MS Teams!