Transitioning from preschool to kindergarten

• Going to kindergarten is a big step! There are so many new experiences – longer days, new friends, more active learning, and more independence.
• Transitions are hard! A child’s behavior and mood, and even appetite, can become very unpredictable when starting this big new phase of their life.
• Talk to your children about their feelings and about both the exciting and scary parts of starting school. Ask them to tell you what they enjoyed at school or talk about something that didn’t go how they thought it would go.
• Children may take a couple of months to settle into the routine, and their appetite may change from day to day.

Tips for lunchtime success

• Use easy-to-open pouches and bags for food, and have your child practice opening them.
• Prepare lunches that are easy to eat, such as sandwiches, precut vegetables and fruits, or cheese squares.
• Try not to be frustrated if your child doesn’t eat some or any of their lunch. A child may not be hungry when lunch is served.

School-provided lunches

• Read the menu with your child to help identify healthy options to add to lunch trays. If a school is on offer vs. serve, the 5 food groups will be offered, with milk serving as one of them, but only 3 need to be selected. Help children think in advance about what the best choices for them will be.
• Try to plan other daily meals to avoid serving the same types of foods, especially sugary treats and desserts.

What if they’re hungry at the end of school?

• Most kids will come home from school hungry! That doesn’t mean they’re not eating enough at school.
• Appetites change often. Some days they might eat more, some they’ll eat less. Add emergency snacks (nuts, vegetables, cheese sticks) to their lunch box.
• Have a ready-to-eat snack for after school.

How can I help?

• Encourage your school to schedule recess before lunch.
• Discuss snacks and additional foods available to kids outside of lunch, which may influence how hungry your child is during lunch.
• If your child’s school offers celebration foods, which are typically sweets, plan the rest of their meals accordingly.
FOR CHILDREN

Lunchtime tips and transitioning to kindergarten

Healthy lunches are delicious!
You can help your caregiver prepare and pack your lunch. Here are some fun ideas!

**TURKEY RANCH WRAP**
- 2 thin slices cooked turkey
- 1 flour or whole-wheat tortilla, room temperature
- 1 tomato, thinly sliced
- 1 bell pepper (green, yellow or red), cut into thin strips
- 1/4 cup shredded lettuce
- 1/4 cup shredded cheddar cheese
- 1 TBSP ranch salad dressing

**Directions**
Place 2 slices of turkey on each tortilla. Layer with tomato, green pepper, lettuce and cheese. Drizzle with salad dressing. Roll up tightly.

**SANDWICH ON A STICK**
- Deli meat of your choice (like ham or turkey)
- Cheese of your choice, cubed
- 1 slice whole-wheat bread, cubed
- Cherry tomatoes
- Lettuce
- Dill pickle slices
- Wooden skewers

**Directions**
Stack your desired sandwich ingredients on a wooden skewer, with cubes of bread at both ends.

Why is eating healthy food so important?
- INCREASES ENERGY
- IMPROVES MOOD
- IMPROVES FOCUS IN SCHOOL
- HELPS BODY FIGHT COMMON ILLNESSES
- HELPS YOU GROW BIG AND STRONG
- HELPS YOU LEARN GOOD EATING HABITS

Ohio AAP PMP
Mobile App
Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...
- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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