

Preparing Your Child for Preschool

First Week of Preschool

Before beginning preschool, take some time to prepare your child for this milestone. Read books to your children that include typical preschool activities as well as those dealing with separation anxiety. Actively ask your child how the characters might be feeling throughout the book. Let the child read them over and over – this is how children process new ideas and work through their feelings. Attached is a list of helpful books for transitioning into preschool.

Role play! Play through the scenario of dropping off your child, saying goodbye and saying hello to the teacher. Then move on to some of the activities your child may participate in while at preschool. Prep your child for the day's routine. Spend some time going through the schedule of preschool, talk about how fun it will be and what they might be doing.

Sometimes the second day of preschool is harder than the first. If you are consistent, supportive, and positive, your child will adjust to the change. Your child is in good hands; the teachers are used to this situation and will help your child feel comfortable. This will also help the child bond to the teachers and their new surroundings.

What to Wear

It is also important that your child wears appropriate clothing. Your child should be able to get their clothes on and off in the bathroom. Hands-on activities and projects are common – preschool can be a messy place. They will get dirty! Please send them in clothes that can get dirty. For safety reasons, **shoes must have backings – no flip-flops, crocs, or slip-ons**. Velcro fasteners are best.

Children must be potty trained by the first day of class. They need to be able to manage their clothes, wipe themselves, and wash their hands. Please let us know if there are any special words they use for these functions. We have a few extra clothes in our classrooms in case of an accident but you are welcome to leave an extra change of clothes labeled with your child's name as well.

Sharing

Sharing days are an important part of our program that the children enjoy very much. They may bring one toy or item from home to talk about during circle time. Sharing time encourages verbal communication and improves listening skills. Teachers will announce the sharing days for each class. Please do not bring toys to school other than on sharing days. Weapons of any kind are not allowed at preschool.

Suggested Children's Books to Support Transition

General Separation from Parent/Arrival at New Environment

The Kissing Hand by Audrey Penn

Chester Raccoon doesn't want to go to school; he wants to stay home with his mother. She assures him that he'll love school. She has a special secret that's been in the family for years--the Kissing Hand.

Oh My Baby Little One by Kathi Appelt

It's always hard for Baby Bird and his mama to say good-bye on their way to school and work in the morning.

Transition to Preschool

D. W.'s Guide to Preschool by Marc Brown

D.W., Arthur's little sister, tells all about what it is like to be in preschool, including essential information about such topics as bathroom breaks, storing things in a cubbie, and sharing at play time.

Don't Go! by Jane Breskin Zalben

On the first day of preschool, Daniel gradually overcomes his nervousness as he plays in the sandbox, collects leaves, and bakes cookies. Includes tips for parents on getting ready for preschool and a recipe for pumpkin cookies.

First Day by Joan Rankin

With a warm familial tone and gentle humor the anxiety many children feel on the first day of school is addressed.

Friends at School by Rochelle Bunnett

Children who have mixed abilities busily working and playing at school. Emphasizes in a relaxed, natural way that even though some children may look different and have different abilities, all children like to do the same things.

I Love You All Day Long by Francesca Rusackas

When a little pig worries about heading off to school for the day, his mother reassures him that her love for him goes everywhere he goes.

Mouse's First Day of School by Lauren Thompson

This is a new "first" for mouse as he hides in a backpack and gleefully emerges into the brave new world of preschool.

My First Day at Nursery School by Becky Edwards

On the first day of preschool, a little girl misses her mother, but on the second day she is excited to go back.

My First Day at Preschool by Justine Fontes

Nate is worried about his first day at preschool. What clothes will he wear? What toys will he play with? What will he eat for snack time? Use the reusable stickers to help Nate have the best first day of preschool ever!

Ready, Set Preschool by Anna Jane Hays

Wemberly Worried by Kevin Henkes

Poor Wemberly, she worries about everything...big, little and in between. And what she's worried about most, is her first day of nursery school. Never fear, her teacher, Miss Peachum, knows just how she feel and introduces her to Jewel. Jewel worries about everything too.

What to Expect at Preschool by Heidi Eisenberg Murkoff

Bestselling author and parenting expert Murkoff and Angus, the lovable "Answer Dog", help children and parents alike prepare for the first day of preschool. Full color.