

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: Preparing Them for School

Mommy Always Comes Back by Crystal Carter

Join brave Sarah as she faces the daunting prospect of the first day of school, struggling to overcome the grip of separation anxiety. With tender reassurances from Mommy and newfound companionship, this touching tale explores the transformative power of resilience and the joy of making new friends.

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!

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.