

# FIRST DAY TIPS

Children can be very anxious on the first day of school – this is normal. Separation from parents can be difficult, but we are here to provide support and assistance. Here are a few suggestions for how to handle this transition.

- \* **BE POSITIVE** – young children are aware of their parents feelings – speak positively about preschool and let your child know it will be a fun and exciting place.
- \* **BE HONEST** – tell your child what to expect at preschool and answer his/her questions honestly.
- \* **ESTABLISH ROUTINES** – have “getting ready for bed” routines as well as morning routines – young children feel safe when they know what to expect.
- \* **BE CLEAR ABOUT LEAVING AND RETURNING** – tell your child where you’ll be while they are at school. Tell them when you will return and what will happen when you are reunited.
- \* **SAYING GOODBYE** – give hugs and kisses, or wave goodbye. **DO NOT** extend the goodbye with “okay, just a few more minutes then I really have to go” – this will heighten rather than relieve anxiety. **DO NOT** sneak out! This encourages children be less trusting and makes goodbyes even more difficult.
- \* **YOU CAN ALWAYS CALL & CHECK** – if your child is sad when you leave, call and check on them (274-0102) after about 30 minutes. Nearly every child will quickly cheer up shortly after their parents leave.

**PRESCHOOL IS A HAPPY PLACE!**

