



Transition Tips

For parents new to preschool

- ☺ A POSITIVE ATTITUDE makes all the difference! You have chosen a center with a proven reputation for quality—where your child is going to have a wonderful time learning and growing. Children will pick up on any nervousness that you show and it will make them nervous, so let your child know that you are positive he/she will have a great time and hide all the fears you have about leaving them for the first time. WE WILL CALL YOU IF YOUR DOES NOT RECOVER FROM HIS/HER SEPERATION ANXIETY! The last thing we want is for child to have such a traumatic first day that he/she does not want to return.
- ☺ PERPARE your child ahead of time for the experience of staying at school without you. If possible, visit the classroom a few times with your child so that they do not immediately associate school with you leaving. Help them to understand that “preschool is just for children!” It is a special place for them to have fun, learn and make new friends. Parents don’t get to stay, the furniture is too small!
- ☺ REMIND your child that you will come back soon, and that you will always come back! It often helps to tell them that you will come back “as soon as they have finished playing” (we know that they are learning too, but for now that is more of an adult concept). If your child has never been in a preschool setting before, may we suggest that on their first day you leave them for 2 or 3 hours and then return. That will give them enough time to transition into the group and have some fun without having to wait so long to determine that you really did come back.
- ☺ LEAVE QUICKLY. We are not trying to shoo you out the door, however, the longer you hang around the higher the anxiety of your departure. We suggest that you develop a daily routine. Maybe you could read 1 story or do puzzle to help them transition into school then a kiss, a hug, a smile and a wave. Your child may cry (hard!) at first, but he/she will be treated patiently and lovingly by our nurturing staff. You are welcome to call and check on your child at any time. Parents are always welcome at our school, but during the initial transition into the program visits often do more harm than good. Making a child go through the anxiety of a parent leaving more than once a day is just too much to ask. There will be many opportunities for you to participate in the class after your child is used to the environment.

Please let us help. If you are feeling anxious or concerned come in and talk to us so that we can work together to make preschool a great experience for you and your child!