



Parent Tips

from your Preschooler

- Be positive! Don't tell me that I'll have a great time at school and then tell grandma that you feel guilty about leaving me. I pick up on your feelings very easily! If you feel good about leaving... I'll feel good about staying.
- Don't mind me if the first day I love it, and the second day I hate it!! It's a new place, new kids, new teachers and new schedule. Keep my schedule consistent and I'll be fine!
- When you drop me off in the morning, give me a kiss and hug and leave!! When you linger for a while to see how I'm doing, It makes me feel uncertain because you feel uncertain. Then I don't want to stay... I want to go with you. If I'm crying the teachers will hold me. They love me too and want the best for me.
- Please take time to look at my artwork that I have created. Ask me to tell you about it and show enthusiasm. This will help to foster my creativity.
- Spend time with me after we get home at night. I know that you are tired and I'm full of energy because I took a nap. Let's go for a walk after dinner or play a game. I need time with my mom and dad too.
- Talk to me about starting preschool. Tell me about what I will do there. Visit the school with me before my first day. Talk to me about the children and the teachers we met and the toys we saw. Drive by the school and point it out to me so that I can get excited about it.
- Give me choices and allow me to do things by myself. I can get dressed by myself and I can choose what breakfast cereal I want to eat. Making decisions teaches me life skills and makes me feel very important.
- Sometimes I will tell you that I don't want to go to school. Just like sometimes you have to do things that you don't want to do. After I get there I will be just fine.
- Don't be upset if after I get adjusted I want to stay at school when you come to pick me up. Be glad that I love my teachers and my school.
- Please don't feel guilty about leaving me! I know that you love me and that you would never do anything bad for me. Take comfort in knowing that when I start kindergarten I will be better adjusted socially and emotionally due to my preschool experience. So thank you for doing what's best for me. We'll both be just fine!

