



First Day of Preschool

Starting preschool is such a significant transition for a child, it's very important to get it right as a child's first days may affect the way they feel about school forever.

Your behavior on the first day of school can also affect your child's long-term school career. The idea is to be happy, smiling and let your child know education is a great thing!

Child Orientation:

- Visit the preschool with your child before their first day on Orientation Day.
- Walk up and down the hallways pointing out the classroom, the toilets, the playground, and the gym.
- Water is a basic necessity so ensure your child knows how to use a water fountain (i.e. not to put their mouth on the source & how to turn it on). They will need to bring a water bottle each day.
- During your visit make positive comments about the preschool then reinforce those comments when you are at home.
- Meet the preschool teachers and introduce them to your child.
- Talk with your child about how the teacher will help them learn new things.
- Explain how important and exciting the things that he or she will learn in preschool. Things like cutting, writing, finger plays, art and music.
- If you know other children that will be going to preschool with your child, invite them around for a play during the holidays before their first day.



Backpacks

Practice makes Perfect

Remember to have a few practice sessions with your child before they start preschool; perhaps some trips to stores or a visit to grandma's place. Have your child open and close the backpack make sure it zips, put things in and get things out of the bag, take a drink from their bottle then have them put it back into their backpack.

First Day: Be early! Don't panic your child or yourself by having to rush.

As your child leaves home for his first day of preschool, let him know how proud you are.

Go to preschool with your child - but don't stay too long - and be patient. Many young children are overwhelmed at first, because they haven't had much experience in dealing with new situations.

They may not like preschool immediately. Your child may cry or cling to you when you say goodbye each morning but with support from you this can change rapidly.

Be prepared for your own feelings - it can be a very emotional time for you as well.