



From Home to School

"So then, don't be afraid. I will provide for you and your children. And He reassured them and spoke kindly to them." Genesis 50:20-21

Pre-school may be your child's first experience leaving you or a known caregiver on a regular basis. Not only is the experience new with other children and adults, the surroundings are new. While not a major crisis, it does involve important feelings for both you and your child. Even if your child has had times away from Mom/Dad, going to preschool may be yet another milestone for your child. We have gathered some information and suggestions to help with this exciting time in your child's life:

Transition to school begins at home. Prepare your child by talking about preschool and expressing your own excitement/confidences about school.

Visitation Day is a perfect practice run for you and your child; before you bring you child to school explain:

- *Where they are going -
- *Who will care for him/her at school
- *What he/she will be doing at school
- *When you will return to pick him/her up

*It is sometimes helpful to have an event linked with your return. For example, "I'll be picking you up before lunch," or maybe "I'll be picking you up before your sister gets out of school." You may also link pickup to the final activity of the preschool day, "Grandpa will pick you up after you sing the goodbye song."

The first day of school:

Arrive a little early to allow an unrushed time to settle into the new surroundings. Once welcomed in the hall by your child's teacher, find your child's cubbie, place their backpack in the cubbie, and show him/her where their name is, who is next to their cubbie, where their class is. You are welcome to come in the classroom with your child and assist with settling into circle-time.

When you are ready, say goodbye to your child. Please do not "sneak out". While sneaking out may seem easier to you, it often creates a sense of mistrust, which may make it difficult to feel safe in their new school.

Once you start to leave, it is best to continue. Some children are initially upset and may cry but most settle down quickly.

At pick up time:

Wait at the designated pick up spot. This will allow the teacher to settle into the classroom routine of bringing the day to a conclusion.

Check the days schedule posted on the bulletin board in the waiting area; this will help you talk to your child about his/her day. You might ask, "Did you have a snack today?" or "What was your favorite toy/part of the day today?" or, "I wonder did you read a story about Noah today?"

Other tips:

In the beginning, if your visit extends beyond the greeting circle, avoid the urge to join in play with your child. Your child may decide school is a place where you come together and play. We suggest you find a chair to sit in and observe your child/others.

Occasionally, a child who has initially separated with ease may later develop difficulties. This sometimes happens and you and your child's teacher can work together to develop a plan to assist your child.

Communication between parent and teacher will help ease a parent's separation anxiety too! Don't hesitate to ask questions, and communicate issues that may be affecting your child's comfort level.

As the school year and your child settle in, you will notice that we will have many opportunities for parent participation, including reading in our classroom and joining us for special occasions! We hope you will participate as you can and continue to show your excitement for preschool to your child.

A few scriptures and quotes to comfort you

Each day we "Make a joyful noise to the lord..." – Psalm 100:1

Each day we know "This is the day the lord has made; let us rejoice and be glad in it" – Psalm 118:24

Each day we "Let all that you do be done in love" – 1 Corinthians 16:14