

# Tips for the Transition into Preschool\*

## Trust the Teachers

You picked our preschool because you trust the teachers and staff. Understand that we are professionals who love our job and want to work with your child, meaning we will do everything possible to comfort a little one when sad or anxious. Trust that even when you aren't there, your child is being treated with loving care and that we will do what is right in the situation.

## Don't Hover

On the first day, feel free to linger for a few minutes; take photos, give hugs, and say goodbye. However, if your child is struggling, the best thing you can do is leave quickly. Showing your child that you feel confident about leaving her at school let's her know it is a safe place to be. It may seem like a good idea to sneak out if she's having fun, but it's best to give a quick goodbye hug and a peck on the cheek before heading out.

## Don't Let Them See You Sad (I know this one is hard)

Yes, seeing your child having a total meltdown is not fun or easy, but don't let him see that you are sad too. Kids feed off others' emotions, so when they see someone they love in distress, they often mimic the behavior. Keep a smile on your face — even if your heart is breaking — give lots of reassuring hugs and kisses, and leave.

## Stick to a Routine

Make a plan for the first day of school and then stick with it. Your child works well with routines, and when they are broken, things can go downhill fast. Whether it's reading a book before drop-off or a special kiss, sticking to a routine means early-morning success. Make sure to chat about the routine with your child before heading to school so she knows what to expect.

## Be on Time

Pick up time is 11:15; be here at 11:15! This ensures that your child understands that Mommy/ Daddy/Caregiver always come back and are trustworthy, building a bond that encourages healthy behavior and self-confidence in your toddler. Create a pickup routine, just like at drop-off, that is comforting and enjoyable. Sing a special song, give a hug or kiss, or enjoy an exciting activity once everyone is home.

## Read About It

There are lots of lovely books to ease the anxiety of being away from Mom or Dad, but one of our favorites is [The Kissing Hand](#) by Audrey Penn. A story that follows a young raccoon on his first day of school, this book helps with a tot's transition from being at home to heading to school. Other titles include: [Llama Llama Misses Mama](#), [Wemberly Worried](#), [The Night Before Preschool](#), [First Day Jitters](#).

\*Based on the Article-Easy Ways to Make Drop-Off Great on the First Day of Preschool by Sarah Lipoff