



## Preschool Readiness- Is My Child Ready for Preschool?

Readiness is key because starting preschool too soon can be stressful for your child.

- ✿ Introduce your child to the idea of preschool because when kids know what to expect, they feel more secure.
- ✿ Talk to your child about what will happen in preschool, what they will do, how much fun it will be and how many friends they will make. It's all about getting your child to have a positive attitude about preschool.
- ✿ Specifically, in the year leading up to preschool make sure you visit the classroom with your child. Let them explore the classroom, meet the teachers and seek out children who will be in the classroom.
- ✿ Let your child pick out their own backpack. Invite your child to help because this helps build positive anticipation and gives them a sense of control and emphasizes the fact that he/she is a "big kid" starting preschool.
- ✿ Point out letters and numbers on streets and buildings and shapes and colors around the neighborhood. The more you talk to your child and the more you read to your child, the more vocabulary they are building.
- ✿ Helping your child become more self-sufficient is another important step. Encourage this by allowing your child to brush their hair, put on their own pants and shirt, button some buttons and zip some zippers. It's good for your child to have that sense of accomplishment, and it will translate into other areas, including using the toilet. Self-confidence is the most important thing a kid can go to preschool with. And when they know how to do things by themselves, they will feel accomplished and capable and comfortable going into this big new world.
- ✿ Get into a routine-adjust your child's sleeping and eating schedules. This will help smooth the transition and make your child more comfortable when school finally starts.