



TIPS FOR SUCCESS IN PRESCHOOL

Preschool is a very new and exciting time in a child's life. At this stage, children are starting to explore so many things, as they begin to build a critical foundation for lifelong learning. Here are a few things to have your child practice at home, to ease their transition to school and help them be successful in a classroom environment.

- **Pretend Play:** Talk about and act out common routines in a typical preschool day. This would include putting your backpack in a cubby, saying goodbye to mommy or daddy, circle time, singing songs, reading stories, nap time and recess time. Make these activities fun and exciting for the kids.
- **Read Books about Preschool:** Prior to your child entering preschool, you can read several books about going into preschool. While reading these books, take the time to talk about the characters and how they are feeling. Some popular books you can choose from are Spot Goes to School by Eric Hill, The Kissing Hand by Audrey Penn, and Maisy Goes to School by Lucy Cousins.
- **Social and Emotional Support:** Read books that discuss feelings and social interactions. Ask your child meaningful questions about their actions, interests, and feelings. Encourage them to use their words when speaking with peers and teachers.
- **Work on Self Help Skills:** Take time to work with your child on some common self-help skills that take place in the preschool environment. These would include fastening their shoes, washing their hands, using the toilet, putting on shoes and socks, and using utensils at the table.
- **Create a Consistent Bedtime Routine:** Implement a daily night and morning routine that can be easily followed. This should include having a reasonable bedtime along with a consistent wake up time.
- **Read To Your Child Each Day:** Reading to your child every day is a great way to create the joy of reading and boost their vocabulary.
- **Reassure Your Child:** Make sure your child understands that preschool is a good place where they will have fun, learn, and make new friends!
- **Fine Motor activities:** Your child's hands are still developing and will eventually become skilled to write with ease. Use small activities at home. (Peel and place stickers, thread cheerios with a pipe cleaner, threading and lacing etc. Precision activities include puzzles, pegs on pegboard, cutting on a line, using glue, mazes etc. These are great ways to help them as they learn to write their own name.
- **Communicate with your Director and Teachers:** Your child will be learning so much in these preschool years. A big one is to get along with many kinds of children. They will start learning friendship skills and coping skills when things don't go perfectly. Some children may have sensory challenges, some children may have speech delays, some children are still learning how to use words to solve problems and frustrations can happen. This is a prime time to teach the children valuable lessons of getting along. For example: If someone bothers you what coping skills can you teach them? Early communication with teachers is so important. We also want kids to say, "It's no big deal" for minor things. We are as transparent as we can be to tell you what we observe in your child of strengths and challenges. We believe early intervention can save them years of struggle if addressed early. This might mean talking to your pediatrician if your child has any milestone delays. It can also mean careful teaching in a particular area to help your child master a skill. We hope you communicate freely with us on any issue and we will do the same. We are here to support you and your child and give them the best start possible.