

Establish a routine for drop off

Both parents and preschoolers can be anxious about departure. One way to quiet those anxieties is to establish a daily drop off routine that you both are comfortable with.

Here's how:

Pick words, an action or location that is special to you inside or around the preschool classroom. Say the same thing, have the same handshake, hug or kiss. This could be a wave at the window, hug on the green square on the tiled floor, walk to the door, etc. Children like things in repetition; this may or may not work the first few days, but with repeating this daily, their anxieties will subside and they will know that things can be predictable.

I know that guilty feelings are very likely to arise when leaving your child for the first several times. Try not to give into these feelings. The longer you stay, the worse it may become for all involved. Try to keep your time in the classroom to no longer than 5 minutes. Crying is a common reaction in children when trying to establish independence for the first time. If you continue with positive communication, predicting the day with your child and a daily routine for drop-off, they should start to transition easier.

Classroom Management:

Our classroom operates primarily on positive reinforcement. We try to catch the children doing the right thing and praise them. The first week of school we will talk about what we expect from the children and remind them when those expectations are not met. When we feel each child understands these expectations, we begin to incorporate our behavior chart. Each child is assigned a picture (this is also on their mailslot where their folders are kept) there are 3 cards; green (following all the rules), yellow (one rule was broken, student needs to slow and down and think about expectations in the classroom) and red (at least 2 classroom rules were broken; time-out). The location for time-out is in a chair inside the cubby room. They sit the same number of minutes for their age (3 years old = 3 minutes). After their time-out, I sit beside the student and talk to them about what would have been a better choice and they are allowed to return their card to green. Several children call this behavior management "flipping a card". We always tell the children they are good. If they break a classroom rule, they are still good, but the choice that they made is a "bad choice".

I hope this has helped! I don't have all the answers and I don't pretend to have them, but I am dedicated to making this the best education and preschool experience for your child. If you have any concerns, don't hesitate to call, email me (jill@smcschools.org) or stop by anytime to discuss them with me.

With God's Peace,

Jill VanWey