

# Survival Tips for Preschool Parents:

Starting school for the first time may be an overwhelming event for the entire family. Here are a few tips that may help create a positive experience for you and your child.

## Communication:

If you, as parents, are committed to your child having a positive experience and feeling comfortable; always talk about preschool in a positive way with them.

Several days before their first day, talk about what to expect. Often times the fear is from not knowing what is going to happen.

## Here's how:

Tell them about their day in a sequential way.

First I will walk you to your room. We will say hi to your teacher, then you will put your backpack and folder away. After that you'll find your chair and do your activity at your table. I can watch you for a few minutes and then we'll say goodbye. You'll get to listen to a story, play at school and then before you know it, I'll be back to pick you up.

This is just an example, but the idea is to talk about what to expect.

## Here is an example of our daily routine:

Greeting and putting away backpacks and folders

Table time-activity at table

Circle time-calendar, story, discussing topic for the week

Snack time-for MWF class/birthday treat if applicable for TuTh class

Centers-play with big toys or small group instruction with teacher

- we also do art activities during this time occasionally

Recess-(we do not go outside in extreme heat or cold)

Drinks and designated bathroom break

Dismissal

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