

# Ed Extras: Pre-K

Place your school  
name or logo here

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## Easing Into Preschool

Preschool provides a wonderful opportunity for your child to make new friends, socialize, and learn from an adult. Starting preschool is an exciting (and sometimes nervous!) time for little ones and parents. A few tips might help you and your child get off on the right foot.

### **Hello! My name is.....**

Take advantage of opportunities to get to know your child's teacher and his classroom before the first day of preschool. If they're offered, attend the orientation meeting, the Open House, or the Welcome Back Picnic. Use those times to meet your child's classmates and families. It might also be helpful to set up a playdate with a child or two from your child's new class.

### **Talk it up!**

In the weeks before preschool starts, share your excitement about school with your child. Focus on the fun things he'll learn during the year, and all the different things he'll get to do. If possible, visit the playground at preschool. If you're excited, your child will be too!

### **Clear the decks**

Clear away a special area in your house for your child's bookbag and jacket. Establish a routine that puts your child in charge of clearing out and hanging up the backpack each day. This will make the morning rush a little less hectic.

### **Good Night, Moon**

Find some quiet time at the end of each day to share two or three books. Ask your local librarian to share books about school feelings and the first day. Take a few minutes to talk about her feelings and her day at school. You'll both sleep better!

### **Kiss, hug, goodbye!**

Prolonged goodbyes at the preschool door can be hard for little ones. Establish a drop off routine that works for you and your child. Then, keep it the same and stick to it! A quick kiss, hug, and goodbye should send you on your way. Most tears end quickly as teachers engage your child in something fun and exciting. Some kids need several weeks to transition into their new classroom. Give it time, and don't give up!

**For a full slate of back-to-school resources, visit:**

**[www.readingrockets.org/calendar/backtoschool](http://www.readingrockets.org/calendar/backtoschool)**



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