

6 Simple Steps to Prepare Your Child (and yourself) for a Great First School Experience!

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Visit - Before the school year begins, visit the school with your child, so that they become familiar with the building and staff members.

Read - Visit the library and borrow books about starting preschool. Books are a great springboard for discussions. *Open the Preschool Door* by Christopher Santoro; *The Kissing Hand* by Audrey Penn and *Rosie Goes to Preschool* by Karen Katz are just a few of the numerous titles to choose from.

Cheerlead - Make a HUGE deal about starting school in only the most positive of ways. Discuss the fun that will be had and the new friends that will be made. Buy a new backpack or shoes and tell your child that they are a special purchase for school.

Routine - Establish a specific bedtime and morning routine for your child. Make sure your child goes to bed at an appropriate time and give yourself ample time in the morning. There is nothing more stressful than running late, being disorganized, or dealing with an overtired toddler.

Good-bye Plan - Plan a special goodbye for you and your child at drop-off. A hug, special handshake or an I love you can help, just keep it quick and positive. Reassure a crying child that you will reunite soon and that a great day lays ahead.

Breathe - Remember that preschool is a wonderful opportunity for your child. It is a happy, loving and safe environment. The children will make friends, stimulate their curiosity, develop self-confidence and independence.