



I am going
preschool
for the first time...

How can you
help your
preschooler
the first
few weeks
of school



I may feel scared or anxious
I may struggle sitting or
attending to classroom tasks



I may have difficulty sharing
with peers

I may struggle transitioning
between activities



Start making a daily routine at home that incorporates waking, getting ready, and eating breakfast in a timely manner



Work on transitions during the day, using some adult-led activities and "first, then" verbaige
"First, we will eat breakfast, then we will read some books"



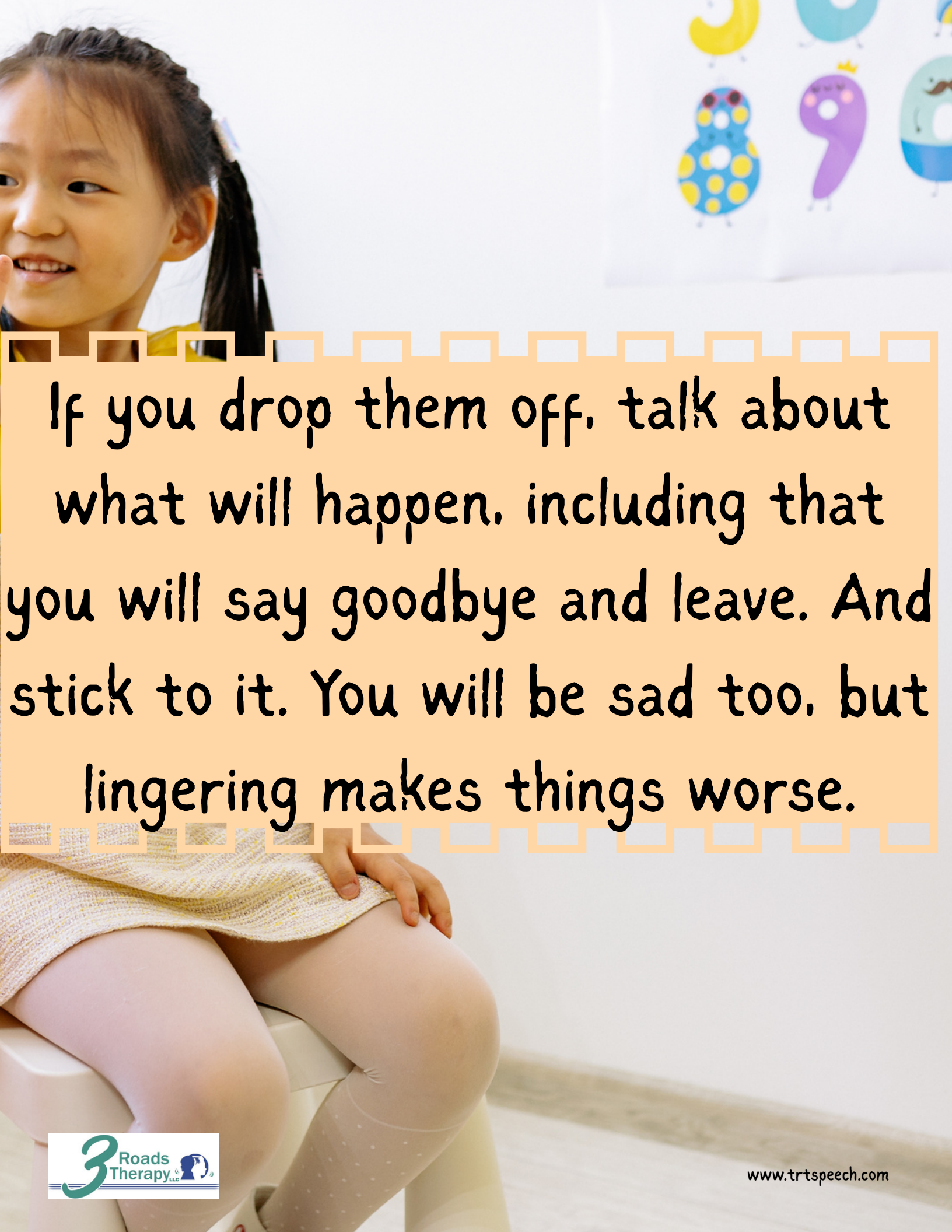
Do some activities at the table to
get them used to sitting for
short increments. These could be
crafts, reading books, or playing
Play Doh



Talk about school and what they can expect. Answer their questions honestly, but keep things short and simple when describing for them.



When preparing for their first day, give them something to look forward to. Maybe a fun activity or special food before or after school.



If you drop them off, talk about what will happen, including that you will say goodbye and leave. And stick to it. You will be sad too, but lingering makes things worse.



When you see them afterschool,
remind them how happy you are
to see them, how proud of them
you are, and ask about their day.
Listen.