

- ❖ Help your child look forward to school. Talk about it in a friendly way so your child will think of it as a happy place. Discuss school activities, school friends, new experiences and things to learn.
- ❖ Discuss any doubts or fears your child might express. Try to answer all questions in a positive, reassuring way and let your child know there will be friendly people to help on those first days of school.
- ❖ Read books. Your local librarian can direct you to picture books about going to school.
- ❖ Establish routines. Prior to the first day of school, it is important for your child to understand what is involved in getting up, getting dressed, eating a healthy breakfast and leaving the house for preschool. It will make the first day calmer and less stressful for both of you.
- ❖ Give your child many opportunities to play with others. Preschoolers who play with other children adjust more quickly to the social aspects of school life.
- ❖ Teach respect. Encourage your child to take turns, seek permission when using the belongings of others and become more considerate of others.
- ❖ Promote self-help skills. Encourage your child to wash and dress himself, put away his toys and attend to his toilet needs without assistance.
- ❖ Encourage your child to express himself with words and language appropriate to his age.