

 Guidance

Helping You and Your Child Adjust

Going to preschool is a new experience for children and parents. Much attention is paid to helping children adjust to change, but parent's feelings are important to consider, too.

You may be feeling excitement as well as fear. There is a sense of loss (your child is no longer a baby) and pride in seeing her become independent. You may be worried about how your child will be accepted or if your parenting will be judged by others.

Your fears about whether your child will be getting the best care away from you are natural. If there are some special concerns, talk to the staff about them. You know your child best—help the staff to get to know her, too. Being involved in the preschool is the best way to know that your child is getting what you want for her.



Share feelings

Tell your child that you understand her fears about being away from home. Saying, "I'll miss you, too," tells her that you share her feelings and gives her words to express hers.

Show confidence and trust

You might say, "The teachers like children and are there to help you and take care of you at school just like I am here at home to help you and take care of you."

Be positive

A cheerful good-bye routine and a "have a nice day, have fun" get a child off to a good start. Make it short and sweet. Lingering and dawdling only make it more difficult.

Get Support

If your child is having difficulty adjusting, talk to the staff about what other things that can be done. Work together. Some children take longer than others to adjust to changes, but most do and soon become comfortable and confident.

SAY WHAT?

