



### **First Day of School Checklist**

- Any Outstanding Enrollment Paperwork
- Nutritious Lunch (**No peanuts or tree nuts please**)
- Extra Set of Clothes
- If Child Staying for Nap: Crib Sheet and Blanket
- Standard Size Pillow Case (To use for sanitary storage of child's bedding)
- Diapers and Wipes (If needed)

***\*Please label all of your child's belongings***

### **First Day of School Tips**

Dropping your child off at preschool for the first time can be traumatic for both parent and child. Knowing that most children experience separation anxiety at one time or another, and it is a natural part of development, doesn't make it easier. There are things that parents and caregivers can do to lessen the apprehension and help children adjust to their new environment. Many times children are afraid because they feel the parent has left them and will not be back. Once they learn their routine and are certain their parent will be back for them, they will lose the anxiety feeling they associate with their new school and be able to focus on playing, making friends, learning, and most importantly having fun.

1. Preparation is key. Knowing what to expect can ease a lot of anxiety even before arriving at preschool. Talk with your child about the routines and events at the school. Keep it simple to help him learn it quickly. Let him know that you will be leaving and when you will be back. Do not sneak off in hopes that he will not notice. That will only make him more afraid once he determines that you have left.
  2. Bring your child in for a visit. Introduce him to the teachers, and help him form a bond with them. Let him explore the environment a little. Play with him and get to know the classroom a little yourself. After the visit, talk with your child about what he liked in the classroom, some of the children he met and toys he played with.
  3. Be confident. When you bring your child to school on the first day, you may be experiencing a little of your own anxiety. This can increase your child's tension, so do your best not to let it show. Keep a positive attitude and try to get your preschooler excited about his new adventure.
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4. Develop a routine. Tell him what will happen when you arrive at school, when you will leave, and keep it consistent. Once you tell him you are leaving, say goodbye and go quickly. It may be hard to leave him if he is crying, but staying longer will only encourage your child to cry more the next day.

5. Let him bring a security object. Having something familiar with him or pictures of his family will help to comfort him when he misses you. (Please label with your child's name)

6. Be patient. It can be difficult to see your child upset. Keep in mind that this is difficult for him and allow him some time to adjust. Often times it takes children between two to four weeks to feel comfortable in a new environment.

