

Newspaper Flash



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Transitioning To Preschool

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Did you know children unprepared for them. When there is happen the first day or before thrive on routines and structure? an opportunity to prepare , we, as s/he enters school.

Both provide children with a sense parents, can help make it smoother. On the first day, rein-

of security and safety, helping build First of all, the more comfort- troduce them to their teachers.

their self esteem and self confi- able the parents are with the decision Stay just a few minutes for

dence. Children with high self con- to go to school, the more comfortable them to become comfortable.

fidence are able to handle change your child will be. Talk with them. Let Look to the teachers for direc-

better. Change and transition is a them share your excitement. Have tion. If they suggest it is a

part of everyday life. They can be them meet their teachers and hear good time to leave, then do so.

big or small, good or bad. No mat- the routine at school. Although, some You can always watch from

ter what the change, preparation children may not grasp this until they the door (as long as your

makes the transition go smoother. experience it, it will help them when child does not see).

Children often have a diffi- they get to school. Arrange time for For more information, please

cult time dealing with change and them to explore the classroom with read "Tips for a Better Transi-

transition because they are often the safety of your presence. This can tion " on the other side.

How to cope when your child goes to school.

Not only is it difficult for a an exciting, but also difficult time not ☺ Get excited for your child.

child to go to school, but it is also only for your child, but for you as well. Show your enthusiasm.

difficult for the parent to let the Don ' t let your anxiety relay to your ☺ Do something special for

child go to school. When a child child. Discuss your anxiety with a yourself. Read a book, get a

has spent most of the early years spouse, parent or friend. manicure, go for a walk or to

at the side of their parent, how is What can you do? the gym.

the parent going to cope with the ☺ Ease into the transition slowly. Do ☺ Go out to breakfast or lunch

separation? not choose a 4 or 5 day a week pre- with friends.

First of all, realize that this may be school. Go with 2 or 3 days initially.

TIPS FOR A BETTER TRANSITION:

- ☺ Talk to your child about going to school. Tell them what they will be doing and what they can expect. Show them other children who go to school.
- ☺ Show your child their new school. Let them take a tour of the school and meet their teachers.
- ☺ Go shopping together for a special bag, lunch pail, or a special outfit to wear the first day.
- ☺ Pack the bag together. Make sure you put a favorite snugly in the bag to cuddle up with at nap time.
- ☺ For children who are having a very difficult time, give them a picture of Mom and Dad to have with them. Some schools will also put family pictures up on a board for the children to look at throughout the day.
- ☺ When dropping your child off, do not stay too long. This may make the transition more difficult for the child. Talk with the teacher and ask what they suggest.
- ☺ Let your child know you will be there ready and waiting when school is over. **DO NOT BE LATE!!!**

HOW TO COPE.....

- ☺ Bake something special for you and your child to share when you get home.
- ☺ If this is your only child, or your last child going to school, get the errands done while your child is at school. What a treat it is to go grocery shopping all by yourself.
- ☺ **ENJOY YOUR TIME TO YOURSELF!** Your child is!!!



SHOULD YOUR TWINS BE IN THE SAME CLASS?

This all depends on you and your twins. There are pros and cons to each option. If your twins are placed in separate classes, they will become more individualized and make friends on their own. They will learn how to cope with situations on their own.

BUT... preschool and/or daycare is a big transition for anyone to make. And, for twins, who have spent a good part of their day together at home, may find the transition to school and then the separation from each other (and their caregiver) too much to handle.

Twins can support one another and provide a familiarity to each other through this transition. You can request that teachers put them in different groups in the same class, or differ their schedule a little, if possible. The teachers may encourage your twins to help and befriend others and not just each other. Twins can be separated in the class without separating them between classes.

So, although you want your twins to be individual people, think about the changes they are making and how well you think they can cope with these changes. If you feel it is best for them to be separated, then definitely request that. If you are on the fence, don't worry, there is plenty of opportunity for your twins to grow individually throughout their schooling.

The Anne Arundel County TOT'S LINE

Phone: 1-877-817-8687 www.totsline.org



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