

Preschool Readiness Tips:

Visit the school and, if possible, the teacher.

Practice getting to and from the school in the way you will be doing it. Walk if you plan to walk, drive if you plan to drive, etc.

Start a morning routine.

Make a picture list of what they need to do in the morning. Be sure it includes getting dressed, eating a good breakfast, and brushing teeth.

Normalize packed foods.

Figure out what time they will be having a snack or lunch. Prepare foods in containers (lunch box, bento box, etc.) they will be using. Make certain they can open and close them.

Coordinate naps and bedtimes.

A good night sleep can make a huge difference in a child's learning experience. Get them adjusted to a new, consistent bedtime before school starts.

Read books about preschool.

"Andre Goes to School," "Pete Kitty's First Day of Preschool," "Preschool, Here I Come," or "What to Expect at Preschool" are fun options.

Be positive but be realistic.

Get them excited about all the new things but also help them learn to regulate their emotions when it's hard.

Learn to say goodbye.

Have a quick goodbye routine. Maybe a high-five or a hug.

If you only remember two things:

Plan a routine. Be consistent.

