

Note to our NEW PRESCHOOL PARENTS:

For our 2 year olds who are transitioning into Preschool from Nursery, parents might want to try a **Gradual Start**.

✓ **1st Week:** Stay but let your child explore Preschool on his/her own. Assure your child that you will be there

✓ **2nd Week:** Stay but take a back seat. Avoid one-on-one interactions and constantly divert attention back to the activities that are happening in Preschool.

✓ **3rd Week:** Check your child into Preschool, stay for 5-10 minutes and tell your child you have to go but you will be back. This is where you begin to create your goodbye routine.

✓ **4th Week:** Check your child into Preschool, begin your goodbye routine with him/her. By this week, your child should be familiar with the Preschool and parents are able to leave.



The Goodbye Routine could go something like this:

Parent: Okay Timmy, it's time for me to go to for service. I love you!

Child: (Screams)

Parent: (pick him up and give him a hug and kiss) Honey, don't worry. You are going to have so much fun at Preschool today. I'll be here to pick you up at after arts and crafts, and we can go to the... (park) and have your favorite ice-cream.

Child: (Child continues crying and clings to your neck)

NO, mommy don't go!

Parent: (pass him to a teacher) I have to go to for service, but I'll see you at pickup! I can't wait to hear about all the fun things you did in school! I love you! Goodbye.

[Exit the Preschool Room.]

It is usually difficult to walk away when your child is in tears, but if you do it like that , most likely the child you will be picking up will be smiling, happy and excited to tell you about their day at Preschool.

Based on a resource authored by [Tom Robinson for Fatherly](#) (Tom Robinson is a Preschool Teacher)

Picture courtesy of Understanding Childhood.

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