

How To Leave Your Little One On That First Day...



It's often difficult for parents and children to part with each other on the first day of school. The following is from an article entitled "Helping Your Child Adjust to Preschool" which I found online at the Kids Health home page (www.kidshealth.org).

Taking Your Leave

The suggestions for leaving your child at preschool are simple but can be hard on a parent. Always say goodbye to your child, but once you do, you should leave promptly. Never sneak out. As tempting as it may be, leaving without saying goodbye to your child risks her trust in you, whereas a long farewell scene might only serve to reinforce a child's sense that preschool is a bad place.

A consistent and predictable farewell ritual can make leaving easier. Some parents wave from outside a certain classroom window or make a funny goodbye face whereas others read a short book before parting. Transitional objects can also help; a family picture, a special doll, or a favorite blanket can comfort your child.

Regardless of whether your child shows signs of separation anxiety, make sure that a school staff member is ready to help your child with the transfer from your care to the classroom when you arrive in the morning. Some children may need to be introduced into the activities of other children in a special way, whereas others might want a private cuddle and a story from a caregiver after you go. Many preschools begin with a daily ritual, such as circle time (when teachers and children talk about what they did the day before and that day's activities), to ease the move from home to school.

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