

### ***Preparing for preschool***

Attending an early-learning program such as long day care, pre-school or family day care is an important and exciting stage in a child's development. Your child will have opportunities to interact with other children and educators, and benefit from a stimulating learning environment. Some children embrace this change with an enthusiasm that can leave parents feeling confident and comfortable, and perhaps even a little left out. Other children may feel afraid, upset, or anxious. It may be the first time they have been in the care of adults who are not part of their family, or the environment could be noisy and crowded compared to being at home, making it all feel a bit too much.

Leading up to their start day spend a few minutes each day talking to your child about going to preschool. You might like to recall their visit for orientation or go for a few walks past to look through the fence and talk about our playground - what would they like to play with or do when they come to preschool? Discuss the items that your child will need to take to preschool – put them in a place for your child to become familiar with. Suggest they put on their preschool shirt or hat, pack their lunchbox and then pack their bag and carry it around the house – pretend you are ready to go to preschool 😊

### ***On your start day***

Due to COVID-19 restrictions we are endeavouring to minimize the number of people and length of time they spend in our preschool space – please keep this in mind during your drop-off and pick-ups. As your focus is on settling your preschooler in it might be helpful to limit the number of siblings that accompany you in the first few weeks if possible. We do suggest that you ensure your child has sunscreen on before they arrive please.

You will be greeted a staff member at the room door and advised as to when to enter, where to hang your child's bag and what items to bring into the room.

There will be many activities available for the children to play with on arrival. We ask that if you feel your child has settled well you say goodbye and reassure them that their teachers will keep them safe and you will return to pick them up in the afternoon at 2pm.

Your child may be anxious or upset at your departure. It can be difficult to know what is normal, and what is not for young children and separation anxiety. In early childhood, crying, tantrums, or clinginess are healthy reactions to separation, but anxiety can greatly vary from child to child. Often children are upset for a short while then they settle happily and explore our space. Our educators can assist your child to separate from you and it is important to remember the distress is often short-lived.

Be assured that we will call you if we feel your child is over-whelmed and struggling to settle in. And always feel free to call us to check how your child has settle in. We want to ensure the experiences at preschool are positive. We would appreciate a call or send a message via Kindyhub if you do feel that your child will need a longer settling in time.