



10 Tips for Starting Preschool

Step up their social life - Organise extra play dates for your child prior to starting preschool so they become comfortable with the idea of sharing and playing alongside lots of different kids.

Calm their fears with information - Anxiety about starting preschool is completely normal. Talk to your child about their fears and suggest ideas to help them cope.

Together plan a goodbye game - Come up with a special game for when it's time to say goodbye. It could be a certain number of hugs followed by the biggest hug in the world. Never sneak out when your child is not looking as they will feel abandoned.

Read during the day - Bedtime stories are a wonderful experience for kids but sitting together during the day and reading a book for 15 minutes will help your child to learn to sit and settle.

Play listening-and-direction games - Traditional games such as Simon Says help a child to understand how to listen and follow directions.

Visit the preschool beforehand - Take a visit to the preschool before the big day arrives so your child is familiar with the surroundings.

Buy a special preschool bag - Together spend some time looking at all the different styles and options and then choose three that you're happy with and let your child pick their own from those. Limiting the choice helps your child make a decision and also prevents disappointment when they want the bag that's bigger than them!

Put a family photo in the preschool bag - Choose a family photo for your child to take to preschool and let them know they can look at it during the day when they are missing you. Remember to tell the teacher of this so they understand when your child suddenly races off to go searching through their bag.

Plan a celebration breakfast - Make a fuss over breakfast on the first morning of preschool. Plan it together beforehand and make it special.

Make a Starting Preschool Certificate - Create your child's very own Starting Preschool Certificate and present it to them over breakfast as an award. Your child will feel awfully important and perhaps those fears won't seem so scary.

This one's for you! - It's a fact that nearly all children who cry when their parents leave, settle down and get stuck into playing as soon as the parent has gone. We know that may not be so easy for you to do!