

TRANSITIONING  
TO PRESCHOOL

WELCOME TO THE  
*WILLIAMSBURG Y*

*9 / 2 / 2022*

*WITH*  
*JEANNE ROONEY*  
&  
*DIANNE DECKER-*  
*LYONS*



# AGENDA

- What is the *Transition Process*?
- *Feelings and behaviors in starting Pre-school (parents and children)*
  - *Typical reactions*
  - *What teachers generally observe*
- *Suggestions for easing the transition and handling stress*
- *Ways in which teachers facilitate the transition*
  - *For children*
  - *For parents*

# THE TRANSITION

- What is the *Transition*?
- Why is it important?
- Developmentally, what can we expect of 3 and 4 year old children?
  - A mix of feelings
  - Various behaviors
- How long is the *Transition Process*?
- Does it recur over the year?



# PARENTAL FEELINGS AND BEHAVIORS

- Typical feelings and behaviors
  - Excited; worried
  - Adventurous; shy, even withdrawn
- Additional stresses with Covid-19
- Keep your own emotions in check
- Children can tap into their parent's feelings
- Be their cheerleader



## EASING THE SEPARATION

- Talk with your about going to school
- Read books about going to school
- Establish consistent routines at home
- Practice saying goodbye



# MORNING ROUTINES AT HOME

- Keep a consistent bed and wake up routine – yes, even on weekends
- Maintain an early morning schedule
- Let them choose their own clothes if they want to
- Have clothes ready the night before
- Encourage them to eat breakfast unless they are too worried

# THE GOOD-BYE ROUTINE

- Don't sneak off
  - Tell them you are leaving,
  - When you will return (soon, after lunch , in an hour) and
  - Say good-bye and leave (no running back for another hug)
- Follow through on your promises – *Be on time*
- Talk about the future – what you will do later with them: “we” activities
- Develop an after school routine
- Build in weekend plans and then back to school on Monday

## H A N D L I N G   S T R E S S

- Acknowledge that it happens
- Take a deep breath and try to let it go
- Be prepared as much as you can for the changes
- Develop morning and after school routines that work for your family
- Show your interest in their day by talking with them about the school day



# HOW DO THE TEACHERS FACILITATE THE TRANSITION?

- Varied activities and play
- Short lessons
- Establishing routines
- Building relationships
- Getting to know the classroom
- Stories



## .... FOR PARENTS AND FAMILIES

- Home School Connections
- Class Dojo
- Photos of children- talk about them together to spark memories and discussions.
- Read suggested stories together at home
  - Back to School, feelings/ emotions.

# TRANSITION TIPS ( IN BRIEF )

- Excite your child about coming to Head Start
- As you drop them at school, tell them you are leaving; say good-bye and leave
- Have consistent bed and wake times; breakfast if they want it
- Give them something to look forward after school

# STORIES

- The Kissing Hand by Audrey Penn
- David Goes to School by David Shannon
- Time for School, Mouse by Laura Numeroff
- Llama Llama Red Pajama by Anna Dewdney
- Little Brown Bear Won't Take a Nap by Jane Dyer
- Spot Loves School by Eric Hill
- Corduroy Goes to School by Don Freeman





Thank you, Sylvia, for your images and graphics!

Enjoy the 2022 – 2023 School Year