#### TRANSITIONING TO PRESCHOOL

# WELCOME TO THE WILLIAMSBURG Y

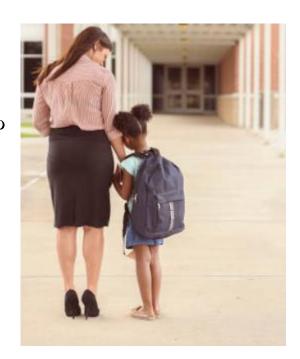


# AGENDA

- Welcome
- What is the *Transition Process?*
- Insights into your Preschooler's feelings and behaviors in starting school
- Parents, too, have feelings as their children start school
- Suggestions for easing the transition
- Ways in which teachers facilitate the transition
- Handling stress at this time.

# UNDERSTANDING THE NATURE OF TRANSITION

- What is the *Transition* Process?
- Why is it important?
- Developmentally, what can we expect of 3 and 4 year old children?
- How do preschool children typically react when they first come to school?
  - Excited, Adventurous
  - Maybe Shy
  - Sometimes shy and sometimes adventurous
  - Crying
- How long does the *Transition Process* last?
- Does it recur over the year?



#### PARENTS' FEELINGS

- Typical feelings
  - Excited
  - Worried
- Keep your own emotions in check
- Children can tap into their parent's feelings
- Be their cheerleader



#### EASING THE SEPARATION

- Tell them about going to school
- Read books about going to school
- If possible, take them to see the school
- 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

## AT SCHOOL

- 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

# HOW DO THE TEACHERS FACILITATE THE TRANSITION?

- Varied activities and toys
- Short lessons
- Establishing routines
- Stories
- Music & Movement



# ROUTINES

- What is a routine?
- What might a morning or evening at your home look like?
- Why are routines so important to young children (and adults, too)?
- What will a classroom routine look like?
- Why is it so important to set up routines in the classroom?

#### HANDLING STRESS

- 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

#### TRANSITION TIPS

- Excite your child about coming to Head Start:
  - Meet new friends
  - Play with new toys
  - Sing songs, learn dances, listen to many stories
- Have consistent bed and wake times; breakfast if they want it
- Create a special good-bye make it fun
- Tell them you are leaving; say good-bye and leave
- Give them something to look forward after school; come back on time.

## STORIES

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

### THOUGHT FOR TODAY

Consistency is more important than perfection

To live a creative life, we must lose our fear of being wrong

Enjoy the 2025 – 2026 School Year