



Attention all soon-to-be preschool parents!

To help make this school year successful and ease any fears you and your child may have, here are some of our favorite tips to help you prepare for the upcoming year.

Lunch/Snack

- Have your child practice eating their “school lunch/snack” while at home. Pack them an actual lunch/snack and have them set out a napkin (EEC requires the children to set a napkin out in their spot.). Set a timer for 20 minutes and have them practice opening and eating their things independently. While **they** are cleaning up, talk about what is trash and what should come home.
- A note about water bottles: The water bottles we find easiest to use are ones with a flip top. Screw top bottles are often not tightened enough and spill in their lunch/snack bag.

Bathroom

- Help your child to practice buttoning or zipping their pants. If this is too challenging for them, consider stretchy pants. For one, they are more comfortable and two, it makes going to the potty easier for them.
- If your child is potty training and/or will be wearing a pull-up to school, encourage them to work on pulling it up and down. This may help with their confidence and to feel more independent.
- PLEASE have your child practice wiping on their own. Many children struggle with this. We will encourage their independence and privacy as much as we can. However, no child will be left soiled if this task is too difficult for them.

Coats/Jackets – It can be very helpful for your child to practice zipping or buttoning their coats or jackets. To put their coats on, we like the “tags to toes” method. Lay the coat on the floor with their toes on the tags side, place arms in the sleeves, and flip it overhead. These two tips will save time in the classroom while getting ready to go outside and will give everyone more time on the playground!

Shoes – Slip on and Velcro shoes are really most practical for preschoolers! When the weather is nice sandals, open-toed shoes, and Crocs are cute, but are unsafe and frustrating for children when they want to run around on the playground.

Backpacks – Be sure to get a full-sized backpack. This way **they** can fit all of their items (lunch/snack bags, water bottles, etc..) in it easily. It is also helpful to be able to fit their artwork in without crumpling it.

Encourage independence – The more and more you tell your child, “You can do it! Try your best!” the better they will be- promise! Even if it takes you 10 minutes longer to get ready, it will be worth it in the end. It will build their confidence and independence!

Most importantly...remember, we are in this together! We are a team; we need you as much as you need us. If you have any questions, just ask. We are here to help you and your child make this the most memorable year ever!