



# 10 Steps to Prep Your Child for Preschool

## 1. Read, Read, Read!

a. Reading and listening to books encourages:

i. Pre-reading skills

ii. Listening and attention skills

iii. Predicting and problem-solving skills

b. Books about preschool and children experiencing preschool such as *The*

*Kissing Hand* can help ease the transition

## 2. Creative Play

a. Act out classroom activities such as circle time and snack

b. Pretend to get ready for school by packing a backpack

c. Take turns being the teacher and student

d. This is helping your child to understand classroom expectations

## 3. Focus on Listening Skills

a. Play games like “I Spy,” “Simon Says,” and “Red Light, Green Light”

b. Give simple one- to two-step directions such as, “Wash your hands, then come to the table.”

c. These activities will help your child learn how to listen to the teacher, follow classroom procedures, and become successful at circle and center times.

## 4. Give Choices (but not too many that it becomes overwhelming!)

a. Let children make small decisions by giving them controlled choices such as, “Milk or water?” “Jeans or pants?” “Goodnight Moon or Green Eggs & Ham?”

b. This helps build your child’s confidence, encourages independent thinking, and validates their ability to make good decisions.

## 5. Practice Self-Care Skills

a. Learn to dress themselves

b. Practice buttons, zipper, snaps, etc.

c. Wash hands independently

d. Learn to open, pack, and close a backpack

## 6. Set a School Schedule

a. Help your child transition into a new school schedule. A few weeks prior to the start of school:

i. Set a school time bedtime

ii. Eat breakfast or lunch just as you will on a school day

## 7. Potty Training

- a. Children must be potty trained for preschool. This means:
  - i. Consistently able to communicate when they need to go prior to going
  - ii. Independently able to pull down, wipe appropriately, pull up, & wash hands
  - iii. Comfortably able to use toilet
- b. It is important to remember that a preschool class is only about 2 ½ hours long. Teachers encourage young children to visit the bathroom frequently during the course of the session. Potty training is a work in progress, and accidents are normal! Keep working on it at home, and teachers will reinforce the skills at school
- c. Visit stores & public bathrooms (to practice going in stalls, familiarize with auto-flush toilets)

## 8. Social Activities

- a. Schedule play dates
- b. Attend a mommy-&-me class or library story time
- c. These activities help your child learn to cooperate, take turns, share space, listen, attend, and respond

## 9. Practice Separation

- a. Let your child visit the nursery at church where you worship (if possible,
- b. Have a friend or other trusted adult watch your child while you go to the grocery store
- c. Let your child spend an hour+ with Grandma or Grandpa
- d. Establish a Good-bye ritual
- e. All of these activities will help your child become comfortable around other adults and understand and experience that mommy or daddy will always come back to get them.

## 10. Visit Your Preschool--Immanuel's Visiting Day is the first day of school

- a. Let your child explore their classroom and visit their teacher
- b. This helps your child become familiar with a new space, environment and adult. It eliminates the “unknown” and helps set them up for success on the first day of school.