



FIRST CLASS PRE-K

AUGUST 2025

WELCOME TO OUR

Early Childhood Mental Health Minute

It's Time for School 😊



When you think about sending your little one off to school, what are your thoughts? Are you excited for all of the new experiences they will have, anticipating what they will learn, or even worried about how they will adjust? Maybe all of these and more. Let us help you navigate the first few days of school.

How to Prepare

What to do in the days leading up to the first day.

- Talk about Pre-K in a fun positive way. Focus on the fun activities and new friends they will make.
- Help them practice independence - putting on and taking off shoes, opening their lunch containers, and using the bathroom independently.
- Read some first day of school books and talk about what all went on in them

What to Expect

These social and emotional milestones are beginning to take place for your child this year. They will begin learning and using these skills daily in the classroom. Remember, they will learn the most through the opportunity to play. PLAY IS LEARNING. And learning, while fun, can also be a challenge at times, be patient as they navigate these new skills.

- Plays cooperatively with other children.
- Negotiates solutions to conflicts.
- Prefers playing with other children than playing alone.
- Enjoys doing new things.
- Becomes more creative in make-believe play.
- Confuses what's real and what's make-believe.
- Expresses likes and dislikes.
- Seeks new experiences.

How to Help

Be patient. Both your child and their teachers are getting to know each other. Make sure you ask when you have questions, but understand that the teacher may need to get back with you at a later time if the school day has already begun.

- Get mornings off to a great start. Try to prepare as much as you can the night before. Pick out outfits before they go to bed and get backpacks and shoes ready by the door. Nothing can make a day harder than starting off late and being rushed.
- Provide a healthy snack to keep their energy level up.
- Be prepared. Separation anxiety may show up. It is normal for children to become upset and want to cling when it's time to leave.
- Manage your own emotions. Your child will pick up on your emotions so try to be calm and positive.
- Keep goodbyes short. Offer a hug and a kiss and tell them you can't wait to hear about their day when you pick them up in the afternoon and walk out confidently.
- Celebrate successes! Talk about all the positive things that they learned/did that day
- Be involved! Attend all parent events and check your child's report daily.

Things to Try

Reading nightly with your child is a great way to wind down from the day, foster a love of reading and provide a special, quiet, one on one time with each other.

Books to read:

- It's Time for Preschool by Esme Raji Codell
- The Night Before Preschool by Natasha Wing
- Llama Llama Misses Mama by Anna Dewdney