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## THE PRESCHOOL DAY

### How to Prepare Your Child for Preschool:

There are many ways that you, as parents, can support your child's transition to Preschool. Each child will handle this phase differently, depending on their personality and previous experiences. Most will make the transition easily, but for some it may take a little longer. Educators will work with you through this process; please do not hesitate to talk to us if you have concerns about your child.

Some things you can do include:

- Make sure your child knows that he/she will soon be going to Preschool.
- Talk positively about Preschool.
- Go past the Preschool regularly and point out the Preschool building, walk up and have a look through the fence.
- As much as possible, make sure your child can manage toileting on their own.
- Practice opening and closing their bag and lunch box. You could have a practice 'snack' and 'lunch' at home, to help them learn independence with these tasks.
- Practice putting on and taking off their shoes.
- Help them to learn to recognise their own name, especially where it is written on their belongings.
- Make sure that they know that they can find their spare clothes in their bag in case of a toilet accident.

What to do for the first day:

- Talk to your child about what is likely to happen during the day.
- Talk about drink, snack, and lunch times. Make sure they know what their snack box, lunchbox and drink bottle look like.
- Make sure your child knows where the toilet is, how to get a drink, where their bag and belongings are kept. Have them hang up their own bag.
- Try to help your child find a friend in the Preschool.
- Make sure your child knows who will pick them up.
- Don't be late for pick-up, especially in the first couple of weeks.

## The Preschool Day

On arrival, help your child to put his/her lunch in the tub and hang up their bag. Sign in, check the noticeboard and notice pocket. You may wish to look at the photos, program journal and displays with your child. If you arrive before 9am you need to stay with your child on the veranda or in the playground.

At 9am the doors are opened and you can then help your child to choose an activity. You are welcome to stay as long as you wish with your child, just remember to say goodbye before you leave. This is also a good time to speak to an Educator should you need to.

Children are engaged in inside and outside activities until around 10.00am. They are then called to the mat for an activity. On some days we divide into small groups for a literacy or numeracy activity. At the conclusion of mat time we wash hands and eat snacks on the mat, then resume our inside or outside activities. Children mostly choose where they would like to play during this time.

At 11.45am the children are again called to the mat. We have another whole group activity, the children then wash hands and eat lunch sitting at tables. After eating we have a short relaxation time, which may include yoga, a story or an e-book shown on the whiteboard, before children resume their inside or outside play. On Wednesdays we visit the library at the School.

At 2.30pm we pack up all activities, children come back to the mat at 2.45pm for a singing or group game, before being dismissed individually to parents or carers at 3pm.

Please make sure you sign out before you leave and that you have all belongings. Ask your child if he/she have any work that they would like to take home.

## Leaving Your Child

You are welcome to stay with your child until they are settled for the day. When it is time to go, be sure to say goodbye. It is important that you never go without saying goodbye, as your child may become distressed.

From time to time some children become upset when you leave. If you are having difficulty with separation and you are unsure, please speak to a staff member.

Children who are upset and clinging to their parents most often settle very quickly when they are left, as they are able to be distracted from being upset and engage in an activity.

If your child does not settle once you leave, staff will call you.