

Tips for Preschoolers!

Based on 30 years of experience with preschoolers, we know that children adjust better to preschool when they are well rested and able to communicate with teachers and friends. Please consider this list as you prepare your child for the wonderful world of preschool:

- Practice these words & phrases in English:
 - Your child's name
 - It's ok or alright
 - Mommy/Daddy will be back
 - Yes / No
 - Potty / Bathroom (so he/she can tell the teacher)
 - Hungry / Thirsty / Wash hands / Water / Drink
 - Sick / I don't feel well
 - Use gentle hands or soft touch
 - Share / Walk / Sit
- Occasionally leave your child with a babysitter, church, or gym nursery which likely will help with the transition to preschool.
- Read with your child, limit screen time, and play outside - encourage imagination and play.
- When in the car, instead of playing on a screen, offer opportunities to look for letters on signs, count the cars, observe God's creation, etc.
- Have your child assist you at the grocery store - counting apples, discussing healthy foods, carrying bags, etc.
- Preschoolers are great at household chores like emptying the dishwasher, sweeping the floor, sorting clean clothes, etc.
- Children in the 3's classes and older must be fully potty-trained. Encourage responsibility and with a can-do approach.
- Allow your child to help pack his/her own lunch box and school bag. This will get them very excited about the day and help them feel important. Use the teachers' names frequently so the child becomes familiar with them.
- Be excited about preschool and your child will be as well!