

- Be enthusiastic about the upcoming change.
- Make a visit to the school and classroom and meet your new teacher in advance.



- Get your school supply list and make a date for you and your child to shop for the supplies.
- Set up a play date with other children from the class or program.
- Start your daily routines early: pack lunch, lay out clothes, set standard bed and wake up times.
- If a child cries or whines when being left, staying will only make it worse. Do not get angry, but be firm and supportive.
- At the end of the day, focus on what your child's day was like - sharing the experiences. You'll have plenty of time to worry about your to-do list later.