

Preschool Readiness Guide for Families

Helping parents and children feel prepared for this exciting new chapter.

Getting Ready Together

Starting preschool is a big and wonderful milestone for both children and parents. It is a time filled with excitement, growth, and new experiences. Preparing your child for school also means preparing yourself for this new routine. The more calm, confident, and positive you feel, the more your child will mirror that same comfort and enthusiasm.

Your child does not need to know everything before starting school. What matters most is that they feel safe, loved, and ready to try new things. We will meet them where they are and help them grow from there.

Building Confidence and Independence

Preschool is a place where children learn that they are capable. They begin to care for themselves, make choices, and find joy in doing things “all by myself.” Encouraging independence at home helps them feel ready for that big step.

You can help by letting your child:

- Practice putting on their shoes or jacket
- Help clean up after playtime
- Carry their own backpack
- Use the bathroom or wash their hands with less assistance

We celebrate effort, not perfection. Each small act of independence builds confidence, pride, and resilience, which are skills that will carry them far beyond the classroom.

Easing Separation Anxiety

It is very normal for both parents and children to feel a mix of emotions during the first few days or weeks of school. Some children adjust quickly, while others may take a little longer to feel secure.

Here are a few helpful ways to make goodbyes easier:

- **Talk about school positively.** Share what to expect, but keep conversations light and simple. Too many reminders or discussions can sometimes create worry.
- **Show excitement.** Let your child see that you are happy and confident about this new adventure. They take their cues from you.
- **Keep drop-off short and consistent.** A quick hug, a cheerful goodbye, and reassurance that “Mommy and Daddy always come back” helps your child feel safe.
- **Trust the teachers.** Once you leave, we will comfort and support your child as they settle into their day. Most children calm down quickly once they begin playing.
- **Consistency is key.** The same routine, the same goodbye phrase, and the same positive tone each morning help children feel secure and confident.

Illness and Everyday Bumps

It is important to understand that getting sick from time to time is part of the preschool experience. Children are building their immune systems, and being around peers helps strengthen those natural defenses. We follow careful health and hygiene practices, but occasional colds and sniffles are a normal part of early childhood.

Small accidents can also happen as children explore, play, and learn to navigate the world around them. Scrapes, bumps, and tumbles are part of growing up. Our teachers are always nearby to offer comfort, first aid, and reassurance. These moments are opportunities to teach self-awareness, safety, and resilience.

Emotional Readiness

Preschool readiness is not just about academic skills. It is also about feeling emotionally ready to be part of a community. Children who can express their needs, take turns, and begin to manage small frustrations are learning some of the most important skills of all.

You can support this at home by:

- Naming and validating emotions ("You're feeling frustrated because the block tower fell.")
- Modeling calm breathing or problem-solving
- Encouraging kindness and patience during play

These early emotional skills help children form friendships, cooperate with others, and thrive in a classroom environment.

Our Partnership with Families

You are your child's first and most important teacher, and we are here to partner with you every step of the way. Open communication is key. Please share what is working at home, ask questions, and reach out whenever you need guidance.

Together, we will create a consistent, nurturing experience between home and school so your child feels supported in every environment.

Final Thoughts

This is the beginning of a beautiful journey filled with growth, laughter, and discovery. There will be moments of learning, moments of challenge, and many moments of joy. Through it all, your child will learn to trust, explore, and shine in their own unique way.

We are honored to walk alongside your family during this important time and to help your child grow with confidence, curiosity, and heart.