



Ready for Preschool

Use a few predictable routines to make preschool goodbyes easier.

Helps Your Child Grow



Relationships with Adults

A warm goodbye ritual and consistent daily preparation help your child feel secure during separation and become familiar with the preschool routine.

Steps

- Separation anxiety is common when a child starts preschool. A few predictable routines can help your child adjust to saying goodbye.
- Before preschool, briefly describe what will happen that day - playing, having a snack, and spending time with classmates - so your child knows what to expect.
- Use a small object or signal for reassurance. For example, draw a smiley face on your child's hand and explain that it means you are thinking of them.
- At goodbye, clearly say that you will return. Describe the time in a way your child understands: 'I'll pick you up after afternoon play.'
- Do not slip away without saying goodbye. Use a short, loving ritual - a hug, a kiss, and 'I love you' - then leave calmly and confidently.

Tips

- If the preschool allows it, a small stuffed toy can offer comfort at separation or rest time. Your child can hold it after waking and quietly tell it what is on their mind.
- At home, talk about the teachers and classmates. If the teacher can share a class photo or list of names, use it together to help your child recognize familiar people and build trust.

Observations

- ☐ Gradually calms down after you leave the preschool
- ☐ Talks with you about what might happen at preschool