

PRESCHOOL PREP



SELF-CARE:

Teach your child how to do things for themselves. How to brush their teeth, use the bathroom, and wash their hands properly. Have them eat meals independently and take care of their belongings.

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ROUTINES:

Set routines for morning and night. Have a regular bedtime and time to rise each morning. Be sure your child gets proper sleep. According to the Journal of Clinical Sleep Medicine, children 3 to 5 need 10 to 13 hours of sleep for optimal health.



SOCIAL SKILLS:

Prepare your child to be able to take turns, share, listen without interrupting. Guide them to raise their hand when they want to speak. Train them to follow several steps of simple instructions. Read together daily and practice retelling stories.

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INDEPENDENCE:

Encourage your child to make their own choices. Cultivate their problem-solving skills by presenting them with simple problems that have simple solutions.

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EMOTIONAL AWARENESS:

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Guide your child to know what they feel and why they feel how they feel. Train them to identify the emotions they feel, as well as, those of others. This nurtures empathy.



SELF-EXPRESSION:

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Encourage your child's creative artist within them through creative play to facilitate their ability to express themselves creatively. This promotes their mental development and allows them to express and manage their emotions responsibly.



COMMUNICATION SKILLS:

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Engage your child in conversations that involve back-and-forth exchanges between you and them. Talk about their day, what they are feeling, and what they like to do with their friends and on their own. Train them to listen and respond courteously.



SELF-REGULATION:

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Divide tasks into smaller steps to make it more manageable for your child. Teach them deep breathing exercises and practice throughout the day. Train them to slow down if they are consistently rushing through tasks.



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SELF-TALK:

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Teach them positive self-talk. Coach them to think kind thoughts about themselves. Instruct them to tell themselves, silently, encouraging phrases like "You're going a good job." Or "It's okay, you'll do better next time." Teach them that sometimes, other people are not nice.



10

SEPARATION ANXIETY:

If separation is a concern, prepare your child beginning with short spans of separation. Have them stay with trusted friends or family; and increase the time away, little-by-little. This boosts their confidence and settles their nerves about being away from home because they know you will return to get them.



READING & MATH:

Begin by working with the letters in their name and then, writing their name. Prepare your child to recognize and write letters & numbers; count & sort objects; identify shapes & colors. Educate them on simple addition & subtraction.



SCHOOL TOUR:

Attend the school's "Meet the Teacher" event. Tour the school, meet their teacher, and see your child's classroom. Potentially meet classmates and parents, too. Express any concerns you may have about your child's first year of school to their teacher after first introducing yourself.

