

# Preparing for a GREAT First Day at Oak Tree Mother's Day Out

- ♥ Be honest with your child; let him/her know what is coming. Talk about how they may feel on the first day. **Assure them you will be back**, using examples such as going to work, the grocery store or even to the next room'.
- ♥ Use books, puppets, toys, music, or TV shows, as props and/or examples to generate conversations about going to school and bravery.
- ♥ Pull out the albums! School pictures of mom, dad, siblings, family and friends, presents school as a normal part of life for everyone. Be sure to include stories of your first day!!
- ♥ Play School! Family role play will help your child to actively participate and practice for the big day.
- ♥ Go Shopping! Items such as new shoes, favorite character t-shirt, lunch kit or back pack will help your child to become excited.
- ♥ Celebrate!! Before the big day or afterwards, (or both!) this is a milestone event. Involve family members. A special meal, dessert or family outing will encourage your child and help build a sense of confidence and achievement.



## **REMEMBER!!!**

- ♥ **Plenty of rest the night before and waking with plenty of time in the morning are crucial! Fatigued children and rushed transitions from home to school contribute to a bad day.**
- ♥ Be on time! The first 30 minutes of drop off time are important as children are free to explore and interact. Arriving late into a classroom that has begun the day's activities can leave a child feeling awkward or left out and also disrupts the class.
- ♥ **TEARS ARE NORMAL!** Especially during the first few weeks maybe longer. Quick drop offs are strongly advised and best for a child experiencing drop off distress. Parents are allowed to linger out of sight for a few moments and call as many times as needed to check in. *\*We recognize children who are experiencing extraordinary distress and not thriving in our program and will always inform the parents of our concerns. A child not thriving may develop a poor concept of school which is counter to what we seek to achieve with each child.*
- ♥ Finally, please know that here at Oak Tree we have an awesome and carefully selected team of teachers who have a shared love for children and working with children. A combination of years of experience, training and strategic planning help us understand, interact and meet the needs of each child. Our success is when your child is succeeding.