

Helpful Hints for Your Child for Starting School

With the start date of school quickly approaching, I have had many anxious calls from parents. For many of you this is a new experience. All of the Staff at Holly Pond School will try and make this experience wonderful for both you and your child. We understand that starting school can be overwhelming for children. Hopefully some of the ideas listed below will help with this new experience.

Having your child give up their scheduled nap time is probably one of the hardest hurdles parents face. If your child has an afternoon spot and is still napping try and alter their nap schedule to match the time they are in school **before** the first day of school. The more time your child has to get used to their new schedule, the easier it will be for them. Many parents have their children take a “power” nap after the school day is finished.

Separating from parents is also a big obstacle for both parents and children to get through. There will be tears from both parents and children the first few weeks of school. The staff and I are fully prepared for these scenarios. I know it is heart breaking to leave a crying child but I will always call you if we can not get your child to stop crying and enjoy their day. We do not want to traumatize any child. We found that the second or third day of school can be harder for children than the first as they know that you are leaving them. Allowing your child to bring something special from home such as a small stuffed animal, small blanket or picture of your family can help. However please do not bring anything that is irreplaceable in case it gets lost. Pacifiers are not allowed in school. Talk to your child about how wonderful school will be. Let them know they will be safe here and you will come back and get them in a very short time. I have found if they think you are “okay” about them going off to school they are more comfortable leaving you. If you would like to stay here at the Y after you drop your child off, please try and be out of sight of your child if they are walking through the building. Parents are welcome to stay in the classroom at any time but sometimes if your child is having a hard time with you leaving it is harder for your child if you prolong your exit. Usually a quick good bye and an “I love you” will work. Your child’s teacher can help with your goodbyes for an easier transition. I encourage you to stop by for Open House on Tuesday, September 6th to meet the staff and their classmates. Having play dates with classmates can help your child make new friends before starting school.

Potty training is another concern for many of you. As stated all three and four-year-old children who are enrolled in the Holly Pond School **MUST** be toilet trained. This is defined as the child needs to be able to manage, with little help, their own clothing, to wipe themselves, and to wash their hands. If your child needs help with belts, snaps, etc the staff can help in that area. We take the children to the bathroom as often as possible. We do both group visits and individual visits if needed. We do ask that you have your child go to the bathroom right **before** coming to school.

Please let me know if I or my staff can do anything to help. Our goal is to meet and go beyond all of your expectations of the Holly Pond School.