

It's almost time for the first day of pre-k! There will be some tears from kids...and parents, but there will be so many more smiles and sweet laughter that will fill our day.
Thank you for sharing your little "Buffalo" with us!



Below are some tips that will help make the first few weeks easier for all!

Tips for morning drop off:

Establish a very specific morning routine to help your child be more comfortable at drop-off time, for example: park in the same area, hang their bag on the hook, unpack their sippy cup, get them involved in something they enjoy in the room (the teacher/assistants will help with this too) and then say a quick and happy goodbye. The quicker the goodbye, the easier it is for the child to adjust—don't have a long drawn out goodbye, its harder for all..

Always say goodbye! Don't sneak out without your child knowing – this can make them more anxious in the future as your child eventually may look around to find you have gone and may panic. Some parents think that sneaking out will make the transition easier, but often there will be tears no matter what. Your child may cry for a while, but this is an important opportunity for your child to bond with a caregiver. Typically it will only take a few minutes for the crying to stop.

Even if your child is upset, stay calm and POSITIVE. A confident and positive attitude will help reassure your little one that everything will be okay. For example, tell your child that school is so fun with their friends and you will be back right after work. Once you leave, don't come back. If your departure is rough, resist the temptation to check on your child.. You only risk upsetting them more if they should see you. If you're worried, give us a call in a little while to see how they are. We would be glad to check on them for you.

Pick up in the afternoon:

Arrive on Time: It's important to pick up your child around the same time each day. It's comforting for a child to know you will be there every day following a specific activity, such as afternoon snack time.

Make a BIG DEAL when you arrive to pick your child up at the end of the day. For the child who was having separation anxiety in the morning you can say, "See, Mommy/Daddy ALWAYS comes back to get you!" and lavish them with hugs and kisses and praise for being a big boy/girl and playing with their friends while Mommy/Daddy was at work. Be warned, sometimes a child may have settled in fine and have been happy all day, but will dissolve into tears when the parent comes to collect them. This too will stop in time.

Separation takes time. Believe it or not, a child crying when you leave is developmentally a good thing, as bad as it may make you feel. Crying shows that your child is bonded to you. Separation anxiety is a stage all children should go through, and some do more than once, and how you handle it will have an impact on coping skills later on in life. Developmentally, we worry if a child separates and will leave with anyone without some tears or apprehension. *We are here to comfort and care for your child and will be sure to give them lots of love!*

