

# GET READY FOR PRE-SCHOOL!

WAYS TO HELP TRANSIT YOUR CHILD SMOOTHLY INTO PRE-SCHOOL, A NEW CLASS OR EVEN A NEW TEACHER.



## 1 Prep him with pretend play

Pre-schoolers learn best through play. What better way to introduce a big change in your child's life than through role-play? Take turns to act out scenarios that will happen in pre-school, such as waiting at the table for his food to be served, singing nursery rhymes or listening to a story. You and your child can take turns to be the teacher and the pre-schooler. It will be fun!

## 3 Help your child master self-help skills

Handling cutlery, using the toilet and washing hands, and putting on shoes may seem easy for us, but these are challenges for a young child. If your child can learn one or two of such skills before starting pre-school, it will boost his self-confidence and ease his anxiety.



## 5 Handle separation anxiety appropriately

On the first day of pre-school, stay by his side but move further away when you see him having fun with other children. Subsequently, when you drop your child off at pre-school, don't linger. Tell him you're leaving and will be back in a few hours to pick him up — and let him see you walk away. Whatever you do, don't sneak away when he isn't looking, as this may traumatise him even more.

## 4 Pay visits to the pre-school before the "big day"

Make visits to the pre-school with your child. If you live nearby, point out the pre-school to him whenever you pass by and remind him of the fun activities he saw during the visit. Get to know your child's teacher so that he will have a familiar face when he joins the pre-school.

## 6 Expect challenges and setbacks

All of us need time to adapt to changes, so manage your expectations on how quickly your child will be able to do so. Give him lots of love and assurance, but stay strong on the days when drop-offs at pre-school become challenging. Even after your child gets used to attending pre-school, there can be hiccups, especially after a few sick days at home or a weekend. Reinforce the same rules and routines, and be patient. Your child will get back on track eventually. ♥

## 2 Build familiarity and establish routines

Familiarise your child with the pre-school routines and activities. This will ease his transition into a new environment. Start by having standard meal times and naps at home. You can also prepare him to transit from one activity to another by saying, "Two more rounds on the swing, then it's time to go home for dinner."

