



First Day Ready

Practical Tips for
Parents and
Preschoolers to
effectively handle
separation anxiety
at the beginning of
the school



Brought to you by
Hummingbird Preschools

First Day Ready

Welcome to our special newsletter edition dedicated to helping first-time parents prepare their children for Hummingbird. Starting preschool is a big step for both parents and children alike, and we're here to provide you with practical tips and strategies to make the transition as smooth as possible.



Preparing Your Child



Visit the Preschool Together:

Take your child to visit Hummingbird before the first day. Let them explore the classroom, play with the toys, and meet the teachers. Familiarity can reduce anxiety.



Talk About What to Expect:

Explain what will happen at Hummingbird in a positive way. Describe the activities they will do, such as playing with other kids, story time, and snacks.



Establish a Routine:

Start a preschool routine a few weeks before school starts. Set regular times for waking up, eating, and bedtime. This helps your child get used to the new schedule.



Practice Separation:

If your child isn't used to being away from you, start practicing short separations. Leave them with a trusted family member or friend for short periods and gradually increase the time.

Encourage Independence:

Teach your child simple self-help skills such as using the toilet independently, washing hands, and putting on their bag and shoes etc. This builds confidence.



Socialise with Other Kids:

Arrange playdates with other children to help your child develop social skills. This also gives them a chance to practice sharing and taking turns.

Prioritise Sleep:

Children up to 6 years need 10 to 13 hours of sleep. Limit screen time before bed, follow a bedtime routine and don't let them do anything too exciting before bed. It's best to get into a school sleep routine a week before school starts.



Reassure Them:

Let your child know when you'll be back to pick them up. Reassure them that Hummingbird is a safe and fun place where they'll learn and make new friends.

Preparing Yourself



Work closely with Hummingbird:

Build a relationship with your child's teacher. This helps you stay informed about your child's progress and address any concerns early on.



Prepare for Emotional Moments:

It's normal to feel emotional when your child starts preschool. Prepare yourself for this transition by acknowledging your feelings and talking them through with a partner or friend.

Create a Goodbye Ritual:

Establish a consistent, loving goodbye ritual. This could be a special hug, a high-five, or a short phrase. Keep it brief to prevent prolonged goodbyes, which can be harder for both you and your child.



Stay Positive:

Children pick up on their parents' emotions. Show enthusiasm and positivity about preschool to help your child feel excited too.

First Day Tips



Arrive Early:

Arrive a little early on the first day to give your child time to settle in and for you to say goodbye without rushing.



Keep Goodbyes Short:

Prolonged goodbyes can be harder for both you and your child. A quick, confident goodbye can make the transition smoother.

Stay Calm and Confident:

Even if you're feeling anxious, try to remain calm and confident. Children can sense your emotions and take cues from your behavior.



Additional Tips for first time mothers



Let the teacher know

Let the teacher know about your child's eating, sleeping, and toileting patterns. It helps to know what techniques the family uses to calm a child down when child is feeling upset or anxious.



Think of preschool as a life lesson:

Many moms may see their child have a bad first reaction to preschool and immediately decide to pull him out of the classroom. But that's a bad idea. It denies the child an opportunity to learn how to work through negative feelings and sets a precedent of not having to face problems.

Have patience with your preschooler:

It's okay to keep leaving the child at school even if he keeps crying. A complete and successful transition into school can take months, especially if there are family vacations or breaks from school when children often regress, or if there are changes happening at home.



Happy Pre-Schooling



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