

# YOUR GUIDE TO A SMOOTH START

Welcome to Just Like GRAMMY & POPPOP's! We are excited to have you and your little one join our school. Starting a new day full of learning and fun at a new place is a big milestone, and it is completely natural for everyone - including parents! - to feel a mix of emotions. This guide is here to help you prepare for this new adventure and feel confident every step of the way.

## BEFORE THE FIRST DAY

A little bit of preparation can go a long way in making your child's first week a success.

- **TALK ABOUT IT:** Use positive, simple language to talk about their new school. Give them expectations, "you will have friends to play with" "I think they will have books at your new school" etc. Explain who will drop off and that "pick up person" always comes back.
- **VISIT IF YOU ARE ABLE:** Before your first day, ask to set up a time that your child can come in and meet their teacher and see their new class. Even a 10-minute visit can be a value.
- **CREATE A ROUTINE:** Start determining a routine for your mornings (drop off) and afternoons (pick up). This includes who will be the primary person doing each, what times they will occur, what happens before and after each. Predictability provides comfort during times of change. Especially for the little ones.

## THE FIRST FEW DAYS: THE "GOODBYES"

This can be the hardest part, but we are here to help and support you.

- **BE QUICK:** When you drop off, be consistent. Say a quick, loving goodbye and remind them that you always come back. A long-drawn out goodbye can be harder.
- **TRUST THE TEACHERS:** Our teachers have experience with a lot of goodbyes. They will help distract and comfort your child, making sure they are secure and feel safe.
- **DON'T SNEAK:** We recommend you not sneak out without a goodbye. Sneaking after a goodbye and distraction can be ok, but no goodbye can put a damper on trust.

## WHAT TO EXPECT

Each child handles this transition differently, and that is ok. Here are some things you might experience:

- **TEARS:** A few tears at drop off are a normal part of separation anxiety. This usually subsides very quickly. We try to get a quick photo for you once they are involved in an activity. If there are tears, they usually stop within minutes.
- **BEHAVIOR CHANGES:** Your child might be more tired than usual when coming home. School and play is hard work and they use a lot of energy! Some extra cuddles and quiet is a good plan for the first few days.
- **DAILY COMMUNICATION:** We will send you updates throughout the day so you can feel connected to your child's experience. Feel free to reach out and ask too!



We read this at school and we are happy to provide you a copy to read at home too! Just ask!

Using our playground app, it might be helpful to review the pictures from the past few days and positively reflect on the memories made.

