



Butterflies Program
Helping Children Spread Their Wings



Tips for Parents for the First Weeks of Preschool




Do's

- **Do keep your goodbyes short & sweet.**
 In doing so, you convey the message that you have confidence in your child's ability to cope.
- **Do develop loving goodbye routines.**
 Children thrive on the predictability of routines & rituals. A kiss-hug-nose-rub routine can be enjoyable for you both!
- **Do tuck a family picture or a loving reminder away in your child's backpack**
 ...for her to look at later in the day.
- **Do send clear messages.**
 Your child needs to know that you expect him to go to school no matter how much he fusses, cries or stamps his feet.
- **Do ask for help from your spouse or another family member.**
 Ask them to take a turn dropping your child off, or pick up one of your child's classmates on the way to school.
- **Do involve the teacher.**
 You need someone on the other end who will greet your child & ease the transition.
- **Do believe in your child's ability to make positive changes.**
- **Do relax and enjoy this time.**
 Take deep, full breaths and receive the joys of going with the flow.

Always Remember...

- **Never leave without saying goodbye.**
 You want your child to know unequivocally that she can trust you.
- **Keep an upbeat attitude.**
 By keeping a positive attitude about your child's school, teacher & friends, you'll help your child feel safe and enjoy his time in school.
- **Tell your child when you will return.**
 Share with your child when you will return in terms he can understand. "After nap time, you'll have a snack. I'll come to pick you up after snack time."
- **Save conversations and questions for the teacher for the end of the day,**
 ...rather than at drop-off time.
- **Expect some difficult days.**
 Holidays, weekends and sick days might result in a difficult separation the next school day. It's normal, and your child will gradually adjust.
- **Change can be challenging.**
 Allow your little one to have and express her feelings—it helps her grow!
- **Change can be challenging for adults, too.**
 Talk with other parents. They may be experiencing the same feelings.
- **Give yourself credit for being the best parent you can be!**

From iVillage.com: [Separation Anxiety: 15 Ways to Ease Your Child's Fears](#), by Cathryn Tobin, MD

Need More Suggestions?
 Call the Butterflies Program!
 646-465-5315 
 Andrea Bennett, Program Director



For more information contact: Andrea Bennett, Butterflies Program Director
 University Settlement, 184 Eldridge Street, New York NY 10002
 Phone: 646-465-5315 Email: abennett@universitysettlement.org