

**BRINGING YOUR CHILD TO SCHOOL****Puddletown School**

Goodbyes can be an emotional and anxious time for children and parents alike. It is important to remember that lengthy goodbyes are hard on everyone. Parents are reminded to model the behavior they want their child to demonstrate. Be strong and confident! Consistency is the key. Please remember the tears rarely last long. You are always welcome to call and check in after a difficult goodbye.

*One suggestion that has worked well in the past is to role-play the goodbye routine before coming to school:*

- Come and visit during the summer or before your child's first day at a time when school is closed (weekends or evenings). Walk around and talk about Puddletown and how exciting it will be to come to school.
- At a neutral time, gather your child and 2 other people (neutral meaning when your child is not tired, hungry or anxious about going to school)
- Explain briefly that you will be playing a game where you practice going to school and everyone will get a chance to play all roles
- Explain briefly that when you drop off your child you will walk them to the door and then give them (for example) 1 kiss and 1 hug. Then they will walk into their classroom, say good morning to their teacher, put their things away and wash their hands.
- Be your child in the first round and have the other person (another parent, older sibling, relative) be your child, and your child the teacher.
- Role-play the routine, with your child saying good morning as the teacher. Switch roles, allowing your child to be the drop off adult and finally the child.
- Keep it fun and light
- End with a reminder "This is how we will drop you off at Puddletown School!"

*Things to remember:*

- Let your child walk from the car rather than being carried.
- Say goodbye at the classroom door, allowing your child to walk in independently.
- If you are doing curbside drop off, a staff member will help your child from the car to the classroom.
- If your child has a favorite toy or blanket that they are attached to, please practice leaving it in a safe place (the car seat or a specific spot at home) so your child can trust it will be there when they return.
- If your child is having a difficult drop off, stick to the routine. As soon as you change the routine, the message is that you also don't feel safe or comfortable, which will likely make your child feel more uneasy.
- Allow the staff to help by guiding your child into the classroom.
- Feel free to call or email if drop off was challenging or if you have any questions/concerns.

*Arrival Time:*

If you would like to take advantage of our drop-off program, please arrive between 8:20 – 8:30am. Drop off is on the south side of Puddletown on SE Knapp Street. Please make sure you are facing west as you pull up. To help foster good relationships, do not use our neighbors' driveways to turn around. Pull up to the drop off zone and a staff member will escort your child to her classroom.