



YOUR CHILD'S FIRST DAY

Puddletown School

As the first day of school approaches, we want to suggest some ways of preparing. Each child should feel comfortable and secure about coming to school. It's helpful if children know what they can expect and prepare in their own way for coming.

The following is a list of some ideas. Please add to these with any others you think may help to make your child feel comfortable during their first days at school:

- Talk about your first days at a new school. Tell stories about yourself at that age and what meeting new people or going to a new school was like for you.
- Let your child pick out some clothes for the first day and the extra set that they will be keeping in the classroom.
- Find a picture of your family that your child can bring and keep at school.
- Make a list of the lunch items with your child that they want to have. The more things that they can prepare on their own, the better.
- Go over how to tell someone you need to use the bathroom.
- Drive by the school, pointing it out.
- Practice leaving any special toys or blankets in a "safe" place (car seat or home) so your child will come to school already trusting that it will be there at the end of the day.

What you can tell your child we will be doing the first day:

- Singing songs
- Meeting new people
- Getting to know the classroom and the school
- Eating snack or lunch
- Playing outside

What your child should bring to school:

- A complete change of clothes with your child's name on all items. *Please check periodically to ensure clothes will be there when needed.*
- Rain boots, jacket, and pants. *Rain pants are optional, but helpful.*
- Lunch with your child's name on it. *Please use an insulated lunch bag with freezer pack for perishable lunch items such as meat, fish, dairy, and previously cooked items.*
- Weather-appropriate items. *Sun hat, winter hat, gloves, etc.*

As children transition from home to school they will each have their own way of understanding and dealing with the changes. No matter how much preparation we do, some children adjust to leaving home and making these changes with more difficulty. We feel that a brief goodbye will make the transition easier for everyone.

If you have any questions or concerns, please call us at 503-233-8069.