



# Fleming

## Pre-primary Centre

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Helpful  
Tips

### Some tried and tested tips for a smooth start



#### 1. Discuss in advance

Children respond better to change if they're made aware of them first and know what to expect.

In the lead-up, talk about the shift into preschool in a positive way and describe the new kinds of fun activities they'll be doing in detail. Given young children are visual learners, you can even draw pictures together or storyboard a sequence of what will happen.

This will give them plenty of notice, let them ask questions and put any fears to rest. At the same time, be careful not to go too over-the-top about the switch – you want them prepped, but not over-hyped or anxious.

#### 2. Get familiar with the new surrounds

It's an obvious step but an essential one. We have our orientation day where you can have a look around, meet the teachers and get familiar with the space. We have an open door policy and families are welcome.

#### 3. Get your child involved

Rather than you doing everything, encourage your little one to take part in the preparations too, They could pick out clothes to wear or help you choose for a new water bottle or backpack for their first day. Also let them be involved in packing what they would like for snack and lunch time. This is a great way to get them invested in this new adventure and it helps you too.

#### 4. Organise playdates

If children already have friends or at least know familiar faces at Fleming, this will make their transition a lot easier. If your child's new and you don't know anyone, try and meet other children and parents at the orientation days and arrange a playdate. You could always reach out to your class teacher, who might help connect you with other families.

#### 5. Be prepped to minimise stress

Mornings in particular can be quite tricky for getting everyone out the door, but you don't want your child to feel upset or flustered if you're running late. So get everything they might need for preschool in advance and then you're all prepared.

It's also a good idea to establish a routine at home too (e.g. brushing their own teeth and getting dressed) to help create less chaos and let them know what to expect each day.

**6. Snack ideas to pack** – a smaller snack type meal for the early snack – include yoghurt, fruit, biltong, savoury biscuits, vegetable snacks, granola bars. For the lunch time snack pack something a little more substantial, pasta meal/salad, sandwiches, meat,

**7. Crying** – try not to get too distressed if you leave your child crying in his/her teachers' arms. This is very normal, and studies show that NO long-term psychological damage is done by children crying when starting preschool. Please trust us and know that we will contact you if we feel your child is unhappy for too long. The trick here is to be consistent and to bring your child to school 5 days a week. Should it be necessary collection time can be earlier to start with and get later as your child settles and gets "school fit"

**8. Don't linger at drop-off**

We know preschool is a big deal for children and therefore parents can be quite emotional and nervous about how their child is settling in. However, it can actually be more distressing for them if you hang around in the class.

Once you've located their teacher or taken them to their classroom, simply give them a big hug and kiss, tell them to have fun and then be on your way. If you keep it casual, the vibe will translate to them and before you know it being a 'big girl/boy' won't be so scary after all.

**Lastly – Trust us, we've got this – We will do it together!**

