

Helping Your Child Transition into Wild Lilac

The weeks before your child begins school:

Before school begins, talk to your child about school being a place for him/her to play with other children. Share the rhythm of the morning with your child, highlighting things your child loves like art and playing outside! Show your child photos of his/her teachers. You could even print them out (they are on the website) and tack them to your fridge and talk with your child about who these people are, how kind and fun they are, etc. Walk by the school and talk about how it will be your child's new school.

A great book to read is: [The Kissing Hand](#) by Audrey Penn.

The days before your child begins school:

In the days before your child begins, review the rhythm of the morning with your child. For the goodbye transition, think of a ritual your child enjoys (reading a book is a popular one) and offer to do that with you child before you leave for the morning.

We will go inside together, take your shoes off and find your cubby. I will stay while you explore the space for a little while. We will look at all the great toys, meet the other kids and check out the bathroom. If you want, we can read a book together. Then it will be time for me to go.

Choose an amount of time to stay that you think will work best for your child (between 5 and 20 minutes is usually appropriate).

The first drop off:

The first day of school, the drop off transition can be stressful, but consistency and predictability really help young children adapt to a new environment. Remind your child of how long you plan to stay and what activity you'll do together that will mark your goodbye time. Let the teachers know what time you plan to leave so they can support you and your child. When you do go, your child may either be handed to a teacher to be held or stand he/she may stand on the ground. If your child does cling to you, it is better to try to hand him/her to a teacher than to try to put him/her on the floor. Once you have put your child in a teacher's arms, don't take your child back, even if he/she is throwing him/herself at you. It is important that you send the child the message that you are confident in the teachers and you trust them to take good care of your child!

In the weeks that follow the first day:

All kids are different. Some will transition easily and some will have a hard time. Many children have a great first day (or week) and then a terrible second one. Whatever your child does, however it seems at the start, please feel free to troubleshoot with the teachers, commiserate with other parents, and know it will get better and that the Wild Lilac teachers are here to support your family!