



# Starting Preschool at Brooke Hill Academy

Tips for making sure you and your little one feel prepared

## Talk about it!

Starting Preschool is a big thing! It is important to talk to your child about it so that they are prepared but try not to bombard them. Talk to them about their stay and play session, remind them of their teachers names and reassure them that they will have lots of fun. It may help to take them on a special trip to choose their own water bottle or school bag.

## Comfort is Key

Whatever clothes you choose to send your child to Preschool in make sure that;

- They can easily undo and do up any fastenings on their own, so that they can go to the toilet independently
- Make sure that their shoes are easy for them get on and off (please avoid laces)
- Sends them in clothes you don't mind them getting messy!
- Make sure they have wellies and a waterproof coat at Preschool, all year round
- Buttons and zips can be tricky, try and help your child practise this over the summer

## These Things Happen

It is very common for children to forget about going to the toilet when they are busy playing. We are fully equipped to help clean and change children however it is always much nicer if they have their own spare set of clothes to hand. Please make sure that your child has a set of spare clothes packed in a clearly named plastic bag so that we can find it easily if they need them.

## First Day Nerves

It is perfectly normal for your child to feel nervous or tearful about leaving you when they begin Preschool. Even if they have attended a setting else where they may still find the adjustment difficult. Children often find the longer an adult stays the harder it is as the anticipation of leaving grows. Even though it's tempting to stay or sneak away when they are busy doing something else, it's really important that you say goodbye and tell them that you'll be back. Stay calm, remember that if they are upset we are there to comfort and settle them. If your child is really struggling we can arrange a gradual build up of sessions so that they can get used to preschool and have a positive experience.

## Here to Help

It is always nice to be able to communicate any worries you might have about your child face

to face and we try to do this wherever possible. Some days, drop offs and pick ups can be more busy than others, so please feel free to message us on Tapestry with any worries if you've not had chance to speak to a member of staff.

## Parents Sessions

Throughout the year I will be running parents sessions about a range of topics to support your children's development and readiness for starting school. Below is a list of the sessions that I am aiming to run;

- Early Reading
- Phonics
- Toilet Training
- Maths Skills
- Readiness for writing

## Before September

- Make sure you've talked to your child about starting Preschool, remind them of their sessions and teachers names
- Help your child practise buttons, zips and fastenings
- Make sure they have a spare set of clothes in a plastic bag with their name on it
- Make sure they can use their water bottle independently (bottles with a screw top are really tricky for little hands, please makes sure they can use their bottle without help)
- Label EVERYTHING!
- Have a great summer!

## First Day Checklist

- Spare clothes in a named plastic bag
- Water bottle
- Packed Lunch if needed
- Sun hat
- Nappies/wipes if needed