

Dear Parents & Guardians,

Whether your child is leaving your side for the very first time this school year, or they have been to Little Hands Preschool before as a student, starting the new school year is a major transition! Follow our tips below to help make the adjustment a bit easier for your little one and yourself. We can't wait to see you!

Sincerely,

The dedicated staff at LHP

SUPPLIES AND SKILLS

PURCHASE

- Lunch Box that your child can open
- Backpack big enough to fit:
 - Lunchbox
 - 9 X 12 folder
 - Water Bottle
 - Change of clothes

*Be sure to include underwear and socks!

DONATE

- Lysol Spray
- Crayola Crayons
- Glue Sticks
- Baby Wipes
- Play Dough
- Ziploc Bags (Gallon and Sandwich)
- Foaming hand soap refills

PRACTICE

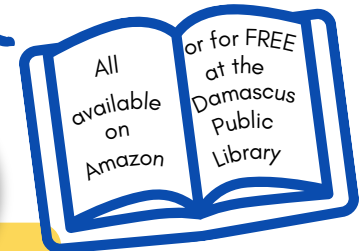
- Pack and serve lunch the week before school starts just as you plan do to on school days so your kiddo can practice opening everything independently
- Motor Skills Practice helps with independence in school AND at home so ask your child to do these things independently before school starts:
 - Pulling pants/underwear up and down
 - zipping zippers
 - putting shoes on
 - buttoning buttons
 - washing hands



All these skills will take time! The goal is not to have mastered every independent task before the first day. It helps your child just to be introduced to what can be very frustrating for their little hands!

STORY TIME!

- First Day Jitters by Julie Danneberg
- The Pigeon HAS to Go to School by Mo Willems
- Tomorrow I'll be Brave by Jessica Hische
- The Night Before Preschool by Amy Wummer
- The Kissing Hand by Audrey Penn
- The First Day of Preschool, Chloe Zoe! By Jane Smith
- Tyrannosaurus Wrecks by Sudipta Bardhan-Quallen



TRAIN FOR TRANSITION

Here are some ways you can help ease first day jitters in the weeks before school starts:

- **Get up and out!** Schedule a playdate, visit with family, or take a trip to the park that requires you to leave the house at the same time you will need to on the first day of school. Especially if you've been enjoying some lazy hazy (crazy!) days of summer, reintroduce routine before the first day to ease everyone in.
- **Practice saying goodbye!** If possible, schedule that playdate or visit with someone who can watch your child for a little while. This enables your child (and you!) to practice saying goodbye, I love you, and I'll see you soon.
- **Drive to school!** Familiarizing your new preschooler with the route to school, and the school building itself, helps eliminate just one of the many unknowns for them.

BACK TO SCHOOL POPSICLE PARTY

Meet the teacher and play on the playground with new classmates!

Thursday
Sept. 1

Specific times will be emailed by the last week of August.

We can't wait!

