Starting school can be both an exciting and scary time for parents and children alike. There are plenty of things you can do to ensure a smooth transition for your toddler going into preschool. See the tips below for helpful ideas when preparing for takeoff.

**Toddlers starting Preschool**

- *Establish a routine* – having a set “bedtime” and early “wakeup time” will help you and your child prepare and adjust to the new schedule.

- *Visit your local library* – provide an opportunity for your child to hear another adult reading a book aloud in a group setting; this will set the stage for circle time in their preschool classroom.

- *Learn about toileting procedures* – familiarize yourself with the center’s toileting procedures and review this with your child to be sure that they are comfortable; this will help them know what to expect.

- *Arrange play dates* – request a list of children that will be in your child’s class and arrange a play date; this will give both you and your child a social connection.

- *Tell stories* – share stories with your child about when you went to school and how you felt about the process; this will normalize the feelings and give your child an opportunity to express how they are feeling.

- *Give your child a personal belonging* – share a personal item such as a favorite scarf, or a special photograph that your child can bring with them; this will provide comfort and remind your child that you are coming back at the end of the day.

**Read Relevant Books Together**

There are many books about going to school and saying goodbye that you can read together with your child; this will help prepare them for the transition and the separation. Some examples include:

- *First Day of School* by Anne Rockwell
- *It’s Time for Preschool* by Esme Raj Codell
- *A Pocketful of Kisses* by Audrey Penn
- *When I Miss You* by Comelia Maude Spelman

For more information, please contact Snohomish Health District’s Child Care Health Outreach Program at 425.252.5415 or childcarehealth@snohd.org.