

# Transition Tips: Toddler to Preschool

## Toddlers Starting Preschool

Starting preschool can be exciting and scary for both parents and toddlers. Here are tips for a smooth transition to preschool:

- **Establish a routine:** Set consistent bedtimes and wake-up times to adjust to the new schedule.
- **Visit the library:** Let your child hear group story time to prepare for preschool circle time.
- **Learn toileting procedures:** Understand and review the center's routines so your child knows what to expect.
- **Arrange playdates:** Connect with classmates before school to build social bonds.
- **Practice separation:** Start with short periods apart from your child to help them get used to being away from you before preschool begins.
- **Share stories:** Talk about your own school experiences to help your child express their feelings.
- **Provide a comfort item:** Let your child bring a special personal item to ease separation.

## Read Relevant Books Together

Many books about school and saying goodbye can help prepare your child for the transition. Some examples include:

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



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