

Helpful Hints



Below we have listed some ways you can help your child transition into the preschool environment in a gentler way (with less anxiety). Please keep in mind most children will not feel comfortable receiving a great deal of help from teachers when using the toilet until they get to know and trust us. With this thought in mind please consider the following suggestions:

- Select clothing your child can easily pull up and down, and back up again. (Practice at home).
- Instruct your child as to the use of toilet paper, particularly about the amount of toilet paper to use.
- Encourage your child to flush when finished.
- Tell your child how important it is to wash his/her hands after using the bathroom.
- Show your child how to wash his/her hands by him/herself.
- If this is your child's first experience with school/daycare, don't "talk it up" too much - especially if your child already seems anxious about it. (If he/she brings up the subject, suggest that going to school is something all children do, just like Daddy's (and sometimes Mommy's) go to work, or make dinner, etc. We recommend that you treat it matter-of-factly rather than something new and exciting. The thought of being in a new place with new people, away from Mom and Dad, is not necessarily exciting for your child - even if you know they will love it.

Please keep in mind that we expect your child to be toilet trained. We will not allow pull-ups or diapers beyond the month of September. We realize that adjusting to preschool can initially provoke "accidents", but we feel that by October children should be familiar enough with school and with us to be comfortable using the bathroom.

Please know that we are available to assist your child in any area of need. The above suggestions are merely ways we can work together to help your child develop more independence which, in turn, will help to develop their self-esteem. If you have any questions or suggestions regarding this information, please contact our Director - Donna Gamans - in the main office at 472-2113.

