

Notes to parents:

Keep each page simple—illustrate with stick figures or if you're ambitious, actual pictures of the school/teacher if you can find/toys or yard/mom/child.

We'd normally have parents ask the school beforehand, what the general structure of the school day is so they can walk the child through what happens, giving the child predictability which is very comforting. For example, it may be free play, circle time, outdoor play, art time, inside play, snack or lunchtime, story time and pick up time.

child's name

and Her
New School

In a couple of days, _____
child
will start her new school.

_____ *child* 's new school is
called _____ *school name*
and her teachers' names are
_____ *teacher* and _____ *teacher*.
_____ *child* 's school has lots of
fun ways to play and learn—
there's a _____,
a _____,
and a _____ *insert learning / play experiences at school*.
_____ *child* 's new school even
has a potty if _____ *child*
needs to go!

_____ *child* will meet lots of
new friends at school. You'll
also see some friends you
already know, like _____ *friend*
and _____ *friend*.

What will _____ do
child
at school? She will get to know
her teachers, play with friends,
check out new toys, draw
pictures and read books. When
the teacher says it's time, she'll
even get to play outside on
the playground.

So on the first day of school,
_____ will give _____
caregiver *child*
her lunchbox with her favorite
_____ and some _____
lunch food *lunch food*
and walk with her inside the
classroom. Once _____
child
meets her teachers _____
teacher
and _____, _____
teacher *caregiver*
will stay for a little while so
_____ can get to
child
know everyone.

Then, when it's time to leave,
_____ will say goodbye
mommy, daddy, caregiver
to _____ and will say
child
"See you when it's time to
come back and pick you up!"
_____ will give
caregiver
_____ a big hug and
child
a Kissing Hand so she has
_____ 's love with her
caregiver
the whole day when she is at
school. And if _____
child
wants, she can give _____
caregiver
a Kissing Hand too, so
_____ has
caregiver
_____ 's love with them
child
until they come back to pick
her up at school.

If _____ has a question
child
or has feelings she wants to
share or just wants someone
to talk to, she can tell her
teachers what she needs. They
are the grown ups who will
help her when she is at school.

After _____ time,
end of day activity
_____ will come back
caregiver
to school to pick up _____
child
and _____ can tell them
child
all about her day and all the fun
things she did with her teachers
and friends. _____
caregivers
always come back to pick up
children after _____
end of day activity
time.

In the beginning, school can feel a little bit new and different.

It's ok for _____
child
to feel lots of different feelings.

It's OK if she misses _____
caregiver
when she's at school. She can tell

_____ all about her
caregiver
feelings, and _____ will
caregiver
listen.

Pause and ask child what feelings he may have now as he thinks about starting school.

And pretty soon, _____
child
will know just what happens at
school each day. She will make
new friends, get to know her
teachers and will have lots of
fun playing and learning.