

# Getting Ready for Pre-K!



Starting Pre-K is an exciting time! It can feel like a big transition for both children and their families. Here are some tips to help everyone have a smooth start to the school year.



## What can you do to help?

### 1. Practice Your Routines

Practice your morning routine the week before school starts so that everyone has time to adjust. What time will you and your child need to wake up each day? What time will they need to go to bed to get enough sleep? Did you know that 3- & 4-year-olds need about 10-13 hours of sleep each day (including naps)? It may be helpful to draw a picture schedule for your child of the morning routine. For example: Wake up. Get dressed. Eat breakfast. Brush teeth. Put on shoes. Time to go!

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## 2. Create a Goodbye Ritual

Practice this ritual with your child so that you both feel confident about what to expect at drop-off. For example, "We'll do one bear hug, two butterfly kisses, and then we'll say goodbye. I'll be here at the end of the day to pick you up!"



## 3. Visit the School

Visit your child's school over the summer. Take pictures of the front entrance and the playground to remind your child what it looks like. Contact your school to see if there are Summer Open Houses or Pre-K Playdates you can attend.

## 4. Meet Your Teacher

Find an opportunity to connect with your child's teacher prior to the first day of school. This might happen during a playdate, home visit, or video call! Knowing the teacher's name and what they look like may help relieve some of your child's anxiety. Be sure to share some fun facts about your child & family!



## 5. Read Stories

Reading stories about starting school is a great way to help your child know what to expect and to start conversations about how they may be feeling.

 DCPS Early Childhood Education

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 readyforprek.org

