



The Final Days Tips for Preparation and Drop-off

The week before...

- Discuss any fears or questions your child might have.
- Establish a school time schedule. Consider bath time, bedtime, wake up time, time for dressing, packing lunches and backpacks.
- Encourage your child to accomplish tasks independently. Use the toilet and wipe themselves; put on a coat or sweater and attempt to zip or button; put away work materials; cover nose and mouth to sneeze or cough with tissues or arm.

The night before...

- Review a school-day routine with your child (bath time, bed time, wake time, school work time, etc.) Try and keep a firm bedtime to ensure your child is well rested.
- Help your child lay out their clothes for the first day of school.

The first day...

- Wake up in plenty of time to prepare for school. You don't want your child to feel rushed on this day. The calmer and more relaxed the morning is, the more comfortable your child will feel.
- Have your child eat breakfast.
- Review the drop-off and pick-up procedures with your child.
- Make sure your child knows their full name. Double check the contact information on the child's form. Have any numbers changed over the summer?
- Arrive a few minutes before school starts/ends.