

## **YOUR CHILD'S FIRST DAY**

Welcome to Bright Beginnings NYC LLC (“Bright Beginnings NYC”)! The first day of school is an exciting milestone in your child's life. Your child is embarking on a journey that will lead him or her down many roads of discovery and learning, and we are here to make sure we get off to a good start together!

As wonderful as this new experience may be, it can also be overwhelming for your child. For many children, this may be their first experience of separation from parents or caregivers at home. It is common for even the most outgoing child to be anxious on the first day of school. In order to ease the transition into a preschool program, especially for children who have not been separated from their parents/caregivers before, we suggest that you gradually immerse your child into his/her respective schedule. For instance, it may be helpful to leave your child in the program for only a couple of hours on the first day, and double that amount for each consecutive day until he/she is comfortable staying for the length of their respective scheduled program.

In addition, we have provided a few suggestions below that have proven particularly helpful. Please review them, and remember that our staff is available to provide support and guidance to ensure your child's successful transition into the Bright Beginnings NYC preschool program!

1. Prepare your child for the new school experience by explaining what to expect and answering questions directly and honestly.
2. Convey a positive attitude. Young children are aware of your feelings. Your enthusiasm will assure your child that school can be a fun and exciting place.
3. Establish a consistent routine that you and your child observe every night before a school day, as well as a routine for the morning of a school day. Rituals and routines will add predictability and are comforting in unfamiliar situations.
4. While we discourage children from bringing toys from home, we suggest that you pack something like a favorite blankie, or a family photo. These items can be reassuring in helping the child with the initial adjustment to school.
5. Clearly state to your child where you will be and when you will return. It may also be helpful to discuss what will happen at pick up.
6. Maintain a clear good-bye routine. This may include warning the child you are leaving in 3 minutes, a kiss and hug, or a wave from the window. Once you tell your child you are leaving, it is important to follow through. Your extended

- presence in the classroom can be disruptive to other children, and may impede your child from immersing himself or herself in the classroom activities.
7. Again, please know we are here to help make the first day of school a happy transition and we look forward to an exciting and fun year. Welcome!

**Please bring the following items on your child's first day:**

1. A picture of your child
2. Two (2) extra changes of clothes
3. One extra pair of rubber-soled shoes
4. Crib sheet and a small blanket for nap time (not required for Morning Program or Afternoon Program children)
5. Diapers (for toddlers not yet potty-trained)