

Preparing for Pre School



Solution
Based
Casework

Although not necessarily easy, it usually works best when:

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1. Parents who **start preparing themselves and their child early** seem to adjust to the changes more smoothly.
2. Parents are helped to **prepare through reading books** from the library about “what to look for in a good daycare.”
3. Children are helped to prepare when their parents **read children’s books to them with stories about daycare;** also available at the library or bookstore.
4. Parents find it helpful to visit one or more daycares to meet the people, know the travel route, and prepare a mental picture to discuss favorably with their child.
5. It is also helpful to **meet other families** whose children attend the same daycare or school.
6. Before the first day arrives, **discuss the school in positive terms** and go over expected behavior with the child.
7. Parents who take the time to **volunteer in their child’s daycare** or school find it very beneficial to their child’s adjustment.
8. Be sure to **familiarize your child and yourself to schedules and procedures** by arranging a visit during the school hours.
9. Help the child have a good morning routine by insuring that he or she **gets to bed early.**