



## **6 Ways To Prepare KR Students For The 1st Day**

A child's first year of school prepares them for a life filled with learning and adventure. At CCA, we strive to create an environment where every member of the KR class feels like family and thoroughly enjoys their first school experience.

You may be asking yourself how best to prepare your child for starting school. As you'll see from the list below, there are many ways to help children get ready for their first day. Children can often become more worried than excited when too much attention is focused on this transition time, so we wanted to provide this simple list for you to use with your family to ensure 1<sup>st</sup> Day success!

- **Read books about Preschool together**  
There are many wonderful books about going to preschool. Your local library is a great resource as well.
- **Play together at your new Preschool**  
You can contact us to arrange a visit, so your child can feel at home on our playground and inside the school, building their confidence for their first day.
- **Schedule playdates with children who will be in their class**  
Seeing a friend on the first day makes starting preschool less stressful. If your child doesn't yet know the children who will be in their class, you can begin building friendships before school begins through playdates by requesting the class list and parent contact information.
- **Practice separation**  
Preparing your child to say goodbye to you when you drop them off at CCA for their KR class can be emotionally challenging for both of you! A few months before school begins, practice leaving your child with others for short periods of time. This will build their confidence that you will return (and your confidence that they will be just fine while you're gone!).
- **Use games to practice self-help skills**  
Developing independent skills is a hallmark of Preschool and Kindergarten. By making games of practicing activities such as putting on shoes, unzipping coats, putting on backpacks and using a lunchbox, and opening up packaged food, your child will be better prepared for their transition to preschool.
- **Listen to your child's concerns**  
No matter how big or small your child's worries about preschool are, it's important to acknowledge how they feel and assure them that it's totally normal.



(603) 228-8888  
(603) 226-9696  
[www.concordchristian.org](http://www.concordchristian.org)  
[info@concordchristian.org](mailto:info@concordchristian.org)  
37 Regional Drive  
Concord, NH 03301

Let your child know that these new experiences can feel strange for everyone, regardless of their age, and that many people feel scared before doing something new. You will really gain their attention if you can tell them a funny story of when you did something new.

Remember to encourage your child to express their feelings so you can help them process their worries, excitement, and nervousness.

At CCA, the KR Program offers students a variety of ways to grow as individuals and to feel a true sense of belonging as members of their class. Our nurturing teachers personally invest in every child to ensure they receive a well-rounded developmental foundation that prepares them for their next steps in life.

The CCA Administration, teachers, staff, and volunteers are here on the journey with you, and we want to support you in the transition to this very special milestone with your child. Please let us know how we can partner with you to ensure success.

We can't wait to welcome your student with open arms on their 1<sup>st</sup> Day!

With JOY & ANTICIPATION,

The CCA Administration & KR Teaching Team