

MEHLVILLE PBIS PRESENTS

back to school

BLUES

How to Have a Happier Goodbye:

- it's normal to worry! Separation anxiety is a normal part of child development
- come up with a goodbye ritual for you and your preschooler (a special handshake, goodbye hug, etc)
- give positive signals and watch your own body language- stand up tall and smile when you leave the room!
- stick to a consistent morning routine- try to avoid making your child feel rushed or overwhelmed

Try reading fun books, like
Llama Llama Misses Mama!

Ways to Support Your Preschooler

- Ask questions about their day!
Examples: Who did you sit next to at snack? Where did you play today? Did you read a book? Tell me something silly that happened today.
- Offer positive reinforcement when they do the right thing, at school or at home
- Volunteer at your child's school through PTO, class parties, etc.
- Look through their backpack at least a few times weekly to check for new papers and updates from the teacher
- Participate in parent teacher conferences
- Keep an open line of communication with your child's team