

September 2023

Dear Parents

We look forward to welcoming your children to LCH at the start of their journey through school:

Welcome to Little Corner House Montessori Nursery. The first day of school is an exciting milestone in your child's life. Your child is embarking on a journey that will lead them on many roads of discovery and learning. As wonderful as this new experience may be, it can be quite stressful for the young child. New situations and change have the potential to be unsettling for all of us. For many children this may be their first experience of separation from parents or care givers. It is normal behavior for even the most outgoing child to be anxious about their first day of school.

We have provided a few suggestions for assisting you and your child during this time.

- Prepare your child for the new school experience by explaining what to expect. Answer all questions directly and honestly.
- Convey a positive attitude. Young children are aware of your feelings. Your enthusiasm will assure the child that school is a fun and exciting place.
- Establish a routine involving both the night before a school day as well as morning preparation. Following a routine will add predictability and comfort in unfamiliar situations.
- Bring something from home. This is acceptable and often reassuring in helping the child with the initial adjustment to school. This item may be a treasured blankie or a photo from home. Please do not bring along toys.
- Clearly state to your child where you will be and when you will return. It may be helpful to discuss what will happen when you are reunited.
- Please remember that our under 3's can only cope with a little bit of change - please remember to fetch your child by 10:30 latest for the first 5 days of school.
- Please remember that we have to stagger intake to assist with a seamless settling in process for all of the new children. Please be mindful as we settle your child so that they have happy days with us.
- Maintain a clear good-bye routine. This may include preparing your child time-wise, such as reminding them that you are leaving in 3 minutes, giving a kiss and hug, or a wave from the window. Once you

tell your child you are leaving, it is important to follow through. Extending the good-bye with, "Ok just one more kiss, and then I really have to go" tends to heighten anxiety rather than relieve it. Avoid sneaking out, this will break trust and create anxiety, making the second day of school even harder.

- Your child will most likely cry when you part and sometimes when you are reunited. Have faith that this is temporary during the adjustment period and they will be comforted and helped to settle in for as long as they need by the adult at school who they are busy forming a bond with.

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 journey together.

Please remember to pack a healthy snack that your child can manage alone and only water to drink in a water bottle or sip cup (no bottles please).

Please include a sun hat, a change of clothing and a familiar item that soothes your child. Please ensure that every item is marked with your Child's name. Due to Covid-19 please remember to place all of your Child's items in a clear plastic shoe box or a small school bag not exceeding 30cm x 30cm x 30 cm..

We look forward to a wonderful start of your Child's schooling career.

With kind regards from Bronwyn, Ayo, Kerry, Ilhaam, Winnie, Cindy, Jordan, Maggie and Joe.