

... "bite size"
news from
your HSB
Regional
Behavior
Specialists

Oh, Behave!

Welcoming Children and Families Into Your Preschool Classroom For The First Time



Tip of the Month:

To help ease separation anxiety, suggest a small picture of the parent and child be used as a comforting object. Allow the child to carry it in their pocket, hold it, or hang it on the outside of their cubby until they adjust to their new surroundings.

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on Pinterest!

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Join our new online community by clicking [here!](#) By joining Social-Emotional Connections, you will have the opportunity to network, post questions, and share resources with other early childhood professionals in NC!

Open our latest public resource, a growing library shelf of virtual binders that include archived issues of the HSB newsletter, *Oh Behave!*, a collection of Disaster Response Resources, and a binder of scripted stories for classroom use! Click [here.](#)

It's shocking how fast those sweet babies grow up to be little humans, ready to begin their educational journey with preschool. Families and teachers play an important role with children as they are about to venture out and start learning all on their own.

The transition of sending a child to preschool for the first time can feel anxiety-ridden and strange for both parents and children. First days can be a little scary and sometimes difficult. This is a transition for everyone. But understanding the children's interests can make their first day a success.

As a preschool teacher, you want to make sure your students have an easy transition into your classroom. These tips will help you with those first-day/week jitters for the little learners in your care!

Here are some strategies to help parents and teachers work together to help their children have a successful day:

1. Offer the family a school tour prior to the first day to meet their teacher.

Showing children the layout of their environment and meeting their new teacher may help them feel comfortable.

2. Post the daily schedule. Children often feel more secure when they understand a

routine. For the first few days or weeks, teachers can talk through the schedule at the beginning of the day showing the child the [posted picture schedule](#). A [first and then board](#) is a great way to break down the whole schedule into smaller steps. An example would be first we wash our hands and then we sit at the table for snack.

3. Communicate throughout the day

If you've just left your child sobbing in the classroom, nothing lightens your heart like seeing a picture of them laughing 20 minutes later. Teachers can text or email a picture during the day, so the family can see their children having fun. Also ask the family if they can send a favorite picture of their family for the child to have in his or her cubby for times when they need comfort.

3. Write a welcome letter to parents from the preschool class.

Before the first day, many schools send important materials to students' families to ask questions about allergies and to advise about school policies. This is a great opportunity to write an introduction letter to preschool parents—or even to the preschoolers themselves. "[My teacher wants to know](#)" form helps the teacher get to

know the child while also showing the parents they care about the important details.

Each school has its own way of managing communication with parents, but adding a personal touch shows parents you are invested in your work and sincerely care about the entire family.

4. Help families come up with a goodbye ritual.

Families might feel an array of emotions on this big day, and it's easy for children to feed off any nervousness. Many parents may linger feeling unsure about when it is best to leave their child. Some parents may even try to sneak off when their child is temporarily distracted which sends a confusing message to the child and could make them even more upset. Always say goodbye and let your child know you will pick him or her up later. An example of a goodbye ritual could be: two hugs and two kisses.

When teachers can build positive relationships with students and families, they can help reverse any negative outcomes dramatically—maintaining great parent-teacher relationships is one key to student success!



Social Emotional Teaching Strategies Technical Assistance (SETS TA)

Are you interested in learning how to prevent challenging behaviors in your classroom through intentional teaching practices designed to embed social emotional development in young children? It is free!

To learn more and enroll, contact your local regional NC Healthy Social Behavior Specialist! **Hurry, as spaces are limited!**



Question: I need help managing the wrestling and rough and tumble play in my preschool classroom. I have a group of about three boys who are extra rough, climbing on top of furniture, wrestling, running full speed in the classroom and jumping on my back trying to swing from my neck. I am anxious about their safety and I am afraid their behavior might escalate into fighting and aggression.

Answer: Although rough and tumble play is a natural part of childhood, your concern is understandable. For starters, make sure children know the expected behaviors by teaching them every day. Review your classroom promises often. Model what gentle hands look like and acknowledge gentle touch when you observe it. Make sure that there is a good balance of quiet and active play in your daily schedule. You can ask the children to help you find opportunities on the visual schedule to use that big energy. For example, during music and movement and outdoor play. Remember to teach empathy, too. Children might need help understanding how their behavior and actions (though enjoyable for them) might be harmful or hurtful to others.

In each issue you will find a new card to help you build your very own "Calming Choices" Card Set for your classroom.



When I am upset, I can...

BUILD A SAND CASTLE



For durability and repetitive use, print on cardstock paper and laminate.

"Soul development depends on attachment and bonding. Every brain and body is genetically wired to develop itself, but the full soul development of brain and body depends on each child receiving the care of between two and five completely bonded caregivers."

—Michael Gurian

As teachers, we should be soul developers who take the time to bond with each of the children in our care. Spending at least 5 minutes a day doing simple activities such as reading a book, coloring a picture together, or having a conversation during lunch means a lot.

Teacher?
I prefer
the term
Educational
Rockstar

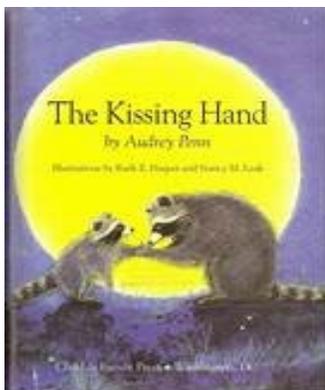
Do you have a question you would like to see answered in our column?

Feel free to email it to AskTheBehaviorSpecialist@gmail.com.

We will keep your identity private. Your question is probably one someone else needs answering, so ask away! Your time is appreciated!



Social/Emotional Book Nook



Originally published in 1993, Audrey Penn wrote this book about Chester Raccoon who is preparing to start school in the forest. Like many children, Chester is feeling anxious and doesn't want to go. To help ease his woes, Mrs. Raccoon kisses Chester's hand and tells him the kiss will stick with him all day. Any time Chester feels scared or worried, he can be reassured by feeling the love of his mother. The "kissing hand" ritual can be used by parents to help calm their young child who is experiencing something new and soothe the separation anxiety that could occur. Great for all ages!

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