



5 Ways to Prepare Your Toddler for Preschool

From a Preschool Teacher's Perspective

1. Practice Separation Early

Start building short periods of separation (even just 30 minutes with a trusted family member) so your child becomes confident knowing you'll always come back. Create a short goodbye routine (hug, kiss, "I'll see you soon!") to build trust.

2. Encourage Independence

Let your toddler practice simple self-help tasks like:

- Putting on shoes

- Washing hands

- Cleaning up toys

- Carrying a backpack

These little skills help them feel proud and confident in a classroom setting.

3. Build Routines at Home

Preschool runs on routine, so start a predictable daily schedule at home: consistent wake-up time, meals, play, quiet time, and bedtime. Predictability helps toddlers feel safe and secure during transitions.

4. Read Books About Preschool

Reading together helps toddlers understand what to expect. Look for books like:

- "Llama Llama Misses Mama"

- "The Kissing Hand"

- "Maisy Goes to Preschool"

Talk about what they see in the pictures and how they might feel.

5. Practice Social Skills Through Play

Use playdates or park time to help your child learn to:

- Share and take turns

- Use words like "please" and "stop"

- Express emotions

Preschool is a social setting, and these early skills go a long way.

✅ Bonus Tip:

Let them help pick their backpack or lunchbox—a little ownership helps build excitement!