

Getting Your Child into a Preschool Routine



**SMARTER
START**



Roman Catholic
Diocese of Metuchen

diometuchen.org



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Did you just register your three- or four-year-old child for preschool in September? These are exciting times! There are some things you can do to help your child be ready for the best school year ever.



Visit Your Child's Preschool

Call your child's school to schedule a family visit during Catholic Schools Week. Although Catholic schools throughout the Diocese of Metuchen encourage visits throughout the school year, they are especially ready to show off their programs during the last week of January. As you drive around town or attend mass on Sundays, remind your child that (s)he will be starting school nearby. Speak to them about what they can expect from an environment that prays to Jesus daily. Your child will begin to look forward to this new chapter, which will make the transition easier.



Shop Together for School Supplies

Once you've registered your child for preschool in the Diocese of Metuchen, you will learn what supplies are needed for the September start. Shop together for the material and allow them to choose like a "big kid" does. Together, label everything with your child's name.



Practice the Route To and From School

Most children who attend preschool in the Diocese of Metuchen travel to and from school by car with a parent, grandparent or neighbor. It is encouraged to go over the route with your child, so (s)he can recognize his/her new school and feel comfortable on the commute.

Establish Your Morning Routine

Well before the first day of school, get into daily habits that will become routine by the time school starts. An established early bedtime is vital. It will allow your child to rise and shine at a set time each morning, ready for the school day ahead. Try these action steps to establish good morning habits:

- Wake up early enough that nothing in your morning routine feels rushed.
- When your preschooler wakes up, help him/her go to the potty, brush their teeth, get dressed and straighten up their bed.
- Say a morning prayer together before breakfast. Here are two easy prayers for young children to learn:

MORNING OFFERING

Thank you, God, for giving us this day.

Help us to be like Jesus in all we think, do and say.

Amen.

ANGEL OF GOD

Angel of God, my guardian dear,

To whom God's love entrusts me here,

Ever this day, be at my side

To light and guard, to rule and guide.

Amen.

- If you can, sit as a family for breakfast and review the day's routine.
- If your child brings a snack or lunch, make sure that it was ready the night before. Your child can help choose what (s)he will eat from their healthy favorites.
- Check their backpack to ensure that they have everything they will need – snack or lunch, school supplies and other comfort items, if needed. Don't forget extra clothes like hats and mittens that might be needed for outdoor play.
- With your child, bless yourself as you walk out the door and put the day in God's hands!

