

D11 Preschool Connection

Updates and Information for Our Community of Families

What's Happening in Preschool?

We are off to WONDERFUL start!

The first weeks of preschool focus on helping students become comfortable in their classrooms, and on building confidence as a learner. How?

- Students are learning that they can anticipate much of what will happen at school. Young children thrive in predictable routines. Our classroom routines stay the same each day so that students know what to expect. Additionally, all of our classrooms have a posted picture schedule that teachers reference frequently so students can see what activity is happening now, and what will happen next. Visual schedules are also a meaningful way that our students learn about sequencing!
- Building relationships. Preschool staff recognize that our students need to know they are cared about, and will be cared for. To build strong relationships, the classroom staff engage in interesting conversations with your child and they PLAY.
- Encourage students to engage with each other. Preschool-age students tend to be adult-focused at first. Adults are excellent play mates because they share well, listen carefully, and are experts in extending a child's ideas. During play opportunities at school, staff are helping the students learn each other's names and how to connect with each other as they play/learn.

Supporting Your Preschooler

TALKING ABOUT SCHOOL

To talk with your child about their day at school, try using very concrete questions. Questions such as "what did you do at school today?" and "how was school today?" can be too broad for many preschool-age children.

You can use resources such as the weekly lesson plan, posted schedule, and snack calendar to help extend your conversation. Here are some sample questions you could try:

1. What did you eat for snack today? Or- Did you have ____ for snack today?
2. Did your teacher read __ (name of book on the lesson plan) __ today?
3. Did you play with anyone on the playground today?
4. Do you remember all of your teachers' names?
5. After you clean up from center time, what do you do next?

Finding the right questions to ask ultimately depends on your child's age and developmental level. You may find that your child is ready for more complex questions such as "tell me about the story you read today?" or "what was your favorite part of school today?" If your child is not ready to answer questions about school, you can use the resources listed above to review the school day along with your child.

If your child says something about school that concerns you, please don't hesitate to talk with your child's teacher.

FOSTERING INDEPENDENCE

Preschoolers are developing a sense of autonomy. Some students love to figure out what they are capable of doing on their own, and others resist the changes toward independence and want to be helped even if they don't need it. Here are some developmentally appropriate ways you can foster independence at home:

1. Choices! Giving preschoolers choices affords them a sense of control and can reduce power struggles. Some students do well with a lot of choice (such as "what shirt are you going to wear today?") and others need two choices (such as "do you want to wear this shirt, or this shirt?"). Choices during less preferred activities are especially helpful: what do you want to clean up first? Blocks or cars? Or at bedtime: first pajamas or first brush teeth?
2. Chores. Preschool students LOVE to be helpful. They are ready to take on tasks such as throwing something away for you, helping to clear the dinner table, bringing something to you, helping with laundry, wiping up spills, or feeding a pet.
3. Managing their belongings: this is a great age to start teaching your child what to do with their stuff. For example: where does the backpack go when you get home? Where do shoes go? Where do dirty clothes go before bath time?
4. Cooking/Meal prep: your preschooler might take pride in helping to set the table, mixing ingredients, or passing items at the table.

Resources for Families

D11 is here to help! We can get you connected to many, many resources. If your family needs a specific type of support, you can reach out to your child's teacher, your school, or the early childhood office.

Free Digital Book Library

The link below will take you a ton of free digital books to enjoy with your child. The books are

rather than using the play audio feature.

<https://www.uniteforliteracy.com/>

Curious about Universal Preschool (beginning next school year)?

Below are links to register for information sessions being held in our area.

9/13 Webinar session about General Information:

[http://events.r20.constantcontact.com/register/event?
llr=cxzfapjab&oeidk=a07ejcb6xuv2518558](http://events.r20.constantcontact.com/register/event?llr=cxzfapjab&oeidk=a07ejcb6xuv2518558)

9/22 Family Feedback Session

[http://events.r20.constantcontact.com/register/event?
llr=cxzfapjab&oeidk=a07ejcb6xwm7839440a](http://events.r20.constantcontact.com/register/event?llr=cxzfapjab&oeidk=a07ejcb6xwm7839440a)



Social-Emotional and Behavior Supports for Children

- Are you struggling to meet the social-emotional or behavioral needs of a child birth to eight years of age?
- Would you like help creating a plan to decrease behavioral challenges and promote success at home or in the classroom?
- Is a child in your care at risk of being removed from a child care setting due to behavioral issues?

The Resource Exchange can help you determine whether Early Childhood Mental Health Consultation is a good fit.

Services Include:

- Teacher consulting and skill building for behavior guidance strategies
- Supporting partnerships between families and early childhood programs to support children with behavior challenges
- Assistance navigating community resources

Services are provided on-site at NO-COST. ECMH Consultants DO NOT provide diagnosis or evaluation.

Call the ECMH Referral Line for assistance: 719.577.9091



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