



PARENTS COOPERATIVE PRESCHOOL Weekly Newsletter September 19, 2013



DIRECTORS CORNER

So here we are, about to start the 4th week of school already! For some, this means our children are practically walking themselves into school. For others, this transition time is still full of drop off drama. Separation anxiety is completely normal at this age, not that that's much comfort when your child is the one clinging to your neck. Every child is different when it comes to dealing with drop off. The teachers at PCP are there to help you and your child through this transition period, but here are a few things you can do to help ease the waterworks for both you and your child.

- **Check your at home schedule.** Now that school has started, you might need to make some adjustments at home. What time is your child getting to bed? Do you have a consistent bedtime routine? Do you allow yourself and your child enough time in the morning to eat a good breakfast and not rush out the door? Being tired, hungry or feeling rushed in the morning all can lead to anxiety about the day ahead.
- **Check in with your child's teacher.** Most kids who cry or throw a fit at drop off time, turn off the tears right after your good-bye. Don't be afraid to ask the teacher to have me give you a call or shoot you an email shortly after drop off to let you know how things are going.
- **Trust your child's teacher.** They've done this before, in fact, they have likely seen much worse! They have many methods in their bag of tricks to calm your little one down. You chose PCP for a reason, let us prove that your instincts and research were well-founded.

- **Give your child something to look forward to.** Most grown-ups aren't thrilled about spending a day with a bunch of people they don't know. Put some friendly faces in the crowd by scheduling some playdates with a few friends from their class. They will be excited to come to school to see their newest friend.
- **Stay positive** and remember you must be the adult in charge of your own feelings before you can expect them to be in charge of theirs. On the way to preschool, stay up beat and talk about all of the fun things they will do there. Try not to linger in the room once you are there. Say good-bye cheerfully and matter of factly, then walk out without a backward glance (difficult, but necessary). Then go out to your car and call a friend to vent and cry. We know how hard this is on your heart, but we also know that children quickly pick up on adult's anxiety and worry.
- **Give it time.** Think about how you feel when you start a new job. How you often head to work the first few weeks thinking about all of the new things you will need to know and the new people you will meet with a pit in your stomach. Many of us even stay up at night worrying about whether or not we made the right decision taking a new job. Change is hard for everyone and feeling comfortable with change takes time.

Some great books to read at home:

It's Time for Preschool! By Esme Roji Codell

Preschool Day Hooray! By Linda Leopold Strauss

I Love You All Day Long By Francesca Rusackas

Bye-Bye Time By Elizabeth Verdick

The Kissing Hand By Audrey Penn



OUR FAVORITE BOOKS THIS WEEK:

Brown Bear, Brown Bear by Eric Carle and Bill Martin Jr.

Time for School Mouse! By Laura Numeroff

Wemberly Worried by Kevin Henkes

When Sofie Gets Angry by Molly Bang

IMPORTANT INFORMATION

Picture day is coming up this week! Your child's class will be having pictures taken on either Wednesday, September 25th or Thursday, September 26th. You should have received information in our child's mailbox with further details. Once you view the proofs from the photographer, picture orders will be due to me by **Thursday, October 3rd**.

Upcoming Dates:

September 25-26, Picture Day

September 26, Scholastic Orders Due

October 3, Picture Orders Due

October 3-4, 4K Block Party

October 8, PTO Meeting 8:15

October 11. Busy Barns Field Trip

Birthdays:

9/23 Sullivan B. (and WELCOME to our school!)

9/24 Blake N. and Zoe S.

9/25 Ava P.

9/29 Aubrey K.

Happy Birthday from your family at PCP!

A special thank you to the Ficenc family for your extra donations to the 4K room. Your generosity is much appreciated!



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