

# Hudson Country Montessori School

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## Toddler Phase-In Period

Some toddlers experience anxiety during the first days of school. A Phase-In Period can help ease the adjustment and separation anxiety that your toddler may experience. Below are a few tips to help your child adjust.

Before the school day starts:

- Pick a bedtime that gives your child a good night's rest before his or her first day. Keep the bedtime soothing and relaxing. Don't focus too much on the first day of school.
- Wake up early enough so that you and your child don't have to rush to get to school
- Make breakfast for your child and, if possible, sit down and eat together.
- Pack your child's backpack together. If your child is bringing lunch, select foods that you know are his/her favorites. Having some familiarity on the first day will be helpful as he/she adjusts to a new routine.
- If you are familiar with the school day routine, have a conversation with your child and discuss what your child can expect

During the school day:

- After arriving at school, if necessary, a chair will be provided for the child's parent/caregiver to sit in the classroom. This chair will be located in an area that is less frequently used for children's activities. We suggest that the parent/caregiver does not move around the classroom as this may slow the teachers' efforts to bond with their new students.
- Having a familiar parent/caregiver with your child during his/her first few days of school should help to ease the separation anxiety, as well as to indicate that the new environment is a safe place to learn and have fun.
- While in the classroom, parents/caregivers are asked to avoid eating or drinking, and to keep their conversations at a low volume with one another in order to maintain a calm, peaceful classroom environment. If your child wishes to be with you, please encourage him/her to go with a teacher and participate in class activities.

Should your child continue to experience adjustment and separation anxiety, parents can make arrangements to reduce the child's attendance at school for a shorter period until he/she becomes more comfortable with school routine.

Our goal is to ensure that your child's first experience in his/her new school will be a positive and wonderful one with much enthusiasm for exploring, learning and having fun. We expect that by the end of the first week, most children will be on their way to comfortably adjusting to their new environment.

***Please let us know if you have any questions or concerns.  
We are looking forward to a wonderful year!***

***~Toddler Staff***