



## How to Prepare Your Child for Preschool

### Ten Steps to the Preschool Countdown, Ages 1- 6 Years Old

Maria Montessori once said, "The most important period of life is not the age of university studies, but the first one, the period from birth to the age of six". The child is not going to tell you that "I want to go to school"; but they are ready. And it is up to us to prepare the child for a multi-year experience, which will empower them for decades. Some suggestions might seem a bit counterintuitive, even undesirable, such as, "Rehearse being away from your child". But this is a primer, a precursor, to their long and fruitful preschool experience. Based on our experience at the Montessori Ivy League Academy, we would like to offer you these pointers:

1. Rehearse being away from your child. This does mean less supervision, of course. But a little practice to give some space to your child. This is more for them, then you.
2. Practice some simple tasks, depending on your child's age, such as putting on a jacket, eating with utensils, zipping & unzipping, sitting on the floor, and other minor practical life skills.
3. Read some positive children's books, relating to preschool, such as "Daniel Goes to School", by Becky Friedman and Jason Fruchter (not affiliated with us).
4. If you need to buy some school supplies, bring your child along for the shopping trip.
5. Create new routines, which mimics that of the preschool.
6. Ensure that all the administrative formalities are fully completed at the school, to minimize any anxiety on the first day of school.
7. Label everything, and don't make a big deal if small things get misplaced at the school.
8. Enforce and monitor a consistent bedtime.
9. Listen to your child's concerns, if they are old enough. They might have heard some stuff on TV or from their playmates. These might seem rudimentary to you, as an adult. But try and soothe any apprehensions.
10. And finally, have a relaxing and comforting "night before the school" evening, explaining to the child of the upcoming day.

Scientific research has shown that Montessori children have an academic and social/emotional advantages, then conventionally educated children. By rehearsing some Montessori practical life routines, we can ensure an independent and confident child.

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