



Mandala Children's House  
5038 Hyland Ave. San Jose, CA 95127  
Tel (408) 251-8633 · Fax (408) 251-8697

Dear Mommy, Daddy, Grandma, or Caregiver Who Brings Me to School,

I love you very much. Separating from you is hard for me. I cry because I am worried about feeling safe without you.

Coming to school is a new experience for me. The first big step I need to take is learning to say goodbye to you and surviving that temporary loss. I need to experience that other adults can love me and care for me and keep me safe, too. I need to discover that I can have fun (even when you're not there) because I keep a "picture" of you inside me. I also need to learn that you will always come back for me.

When you are worried about me, I feel it. Then I sometimes think that I should be worried, too...that maybe school is NOT a safe place after all. It makes it harder for me to trust. I need you to let me have my sad feelings, but not give in to them or be overwhelmed by them. Please help me to grow stronger and more confident in this area.

My teachers have come up with some ideas that will help me with the transition.

- **PREPARE ME.** Tell me exactly what you are going to do each day.
- **DON'T KEEP COMING BACK.** It makes it harder for me to settle in.
- **DON'T WAIT FOR ME TO BE READY.** Don't ask me if it's OK for you to leave. I won't be able to tell you to go. These are adult decisions.
- **LET ME KEEP MY BLANKIE (EPS) OR "LOVIE" WITH ME.** It comforts me
- **PLEASE DON'T SNEAK OUT.** Always say goodbye. Otherwise, I will think you have disappeared, which is even MORE scary for me.
- **IF I AM AN EARLY PRESCHOOLER, YOU CAN STAY WITH ME THROUGH STORY TIME.** When the teachers sing the "Good Morning Song," it's your time to leave.
- **KEEP IT SHORT AND SIMPLE.** Give me one kiss, hand me to the teacher, and say goodbye.
- **IF I AM A PRESCHOOLER, PLEASE DON'T GO INTO THE STORY ROOM WITH ME.** When we come into the classroom, sign me in, kiss me at the Story Room door and say goodbye.

- **LEAVE QUICKLY.** It's so much easier for me.
- **DON'T KEEP COMING BACK.** It makes it harder for me to settle in.
- **TRUST THAT THE TEACHERS WILL TAKE GOOD CARE OF ME.** They will comfort me and soothe me after you say goodbye.
- **DON'T PEEK IN THE WINDOW or SNEAK AROUND THE CORNER** to check on me. I can sense your anxiety.
- **I NEED YOU TO BE STRONG.** When I say I don't want to go to school, it's not that I don't like school, it's that I don't want to leave the comfort of home and **YOU!**
- **BE POSITIVE IF I GET SCARED.** Please don't say, *"I'm sorry you have to go to school."* because it makes school sound like a bad place. Instead, put a smile on your face and say, *"Oh, you get to go to school today! What fun!"*
- **FOR THE NEXT 3-4 WEEKS, "ADJUSTMENT IS IN PROGRESS."** Children are learning what to expect and whom they can trust. It may be a bit rocky at times.
- **THE TEACHERS KNOW BEST.** Trust their feedback and recommendations.
- **WHEN THINGS AREN'T WORKING,** we will let you know. Sometimes, a child needs a shortened day to start with, and the teachers will work on this with you. Very infrequently, it happens that a child is not yet ready for this classroom environment. Other times, children need outside help or services before they are able to handle the challenges of school. If so, we may ask you to enroll later, when your child is ready.

My teachers have worked with lots of children, so they know what really works. They are ok with me crying for a while, if I need to. They will comfort me and then help me to get interested in something I enjoy. They understand that this is hard for both of us! Please tell them anything about me that might make my adjustment easier. They want to help.

The office staff is there to support you, too. Talk to them if you are worried. Ask them to check on me. They will be happy to walk over to the classroom and see how I am doing, so you don't have to worry. Usually, it's good news! Most Mandala preschoolers stop crying soon after their parents leave.

Trust me. This is what growing up is all about. I have to put out my wings and try to fly all by myself. I'll have a **GREAT TIME!**

♥ Love and kisses,

Your Growing Preschooler