Administrator’s Note: I’d like to take a moment to invite all our new students and returning students to the Sea of Learning. Your children are the most important people in our lives.

We’ll help guide them through the best recognized methods and procedures to assure they get the very best from their studies and life experiences for their age groups.

NOTE: School starts August 12th. We will however be closed August 8th and 9th.

Preschool Prep: How to Prepare Your Toddler for Preschool

Learn what you can do to make this big transition to preschool easier for your child. You’ll find a timeline for all the things that need to be done to prepare for preschool and guidance on saying a “good good-bye” on your child’s first day.

If your child is starting preschool this fall, you may be approaching this major milestone with conflicting emotions. You’re probably excited about all the fun (you hope) your child will have and the new friends he’ll make. At the same time, you may feel a little sad that your baby is venturing out into the big world
without you. These emotions are normal. Your child is also bound to have a host of feelings about this transition, feeling proud to be a big kid but at the same time worried about being separated from you and starting something unfamiliar.

**Having Fun with Preschool Prep**

There’s a lot you can do in the weeks before to get ready for the big day. But try to keep your efforts low-key. If you make too big a deal out of this milestone, your child may end up being more worried than excited. Here are some ideas to keep the focus on fun.

**Use pretend play to explore the idea of preschool.**
Take turns being the parent, child, and teacher. Act out common daily routines, such as saying goodbye to mommy and/or daddy, taking off your coat, singing songs, reading stories, having Circle Time, playing outside, and taking naps. Reassure your child that preschool is a good place where she will have fun and learn. Answer her questions patiently. This helps children feel more in control which reduces their anxiety.

**Read books about preschool.**
There are many books about going to preschool available from the public library in your area. Choose several to share with your child over the summer before school starts. Talk about the story and how the characters are feeling. Ask how your child is feeling.

**Make a game out of practicing self-help skills.**
These skills include unzipping her coat, hanging her coat on a hook, putting on her backpack, fastening her shoes. For example, you might want to have a "race" with your child to see how quickly she can put on her shoes. When you play school together, you can give your child the chance to practice taking off her coat, zipping her backpack closed, and sitting "criss-cross applesauce." If your child will be bringing lunch, pack it up one day before school starts and have a picnic together. This will give her the chance to prac-
about preschool can significantly influence their experience there. Will you re-
member to pick him up in the after-
noon? Will his teacher be nice?
Let your child know it’s normal to feel happy, sad, excited, scared, or worried.
Explain that starting something new can feel scary and that lots of people feel that way. It can be helpful to share a
time when you started something new and how you felt. When you allow your
child to share her worries, you can help her think through how to deal with
them. For example, if she is worried about missing you, the two of you can
make a book of family photos to keep in her cubby and look at when she is
lonely.

Notice nonverbal messages.
As much as 3-year-olds may talk, most
are not yet able to fully explain how
they are feeling or what they are worried
about. Your child may “act out” his
worry by clinging, becoming with-
drawn, or by being more aggressive.
Another common reaction as children
take a big move forward is to actually
move backward in other areas. For ex-
ample, if your child is fully potty
trained, he may start having toileting acci-
dents. He may ask that you feed or dress
him even though he can do these things
by himself. It is natural to be frustrated by this re-
gressed behavior, and you may be con-
cerned that if you do these things for
him, he won’t go back to doing them
himself. In fact, letting him play this out
often leads to children returning to their
“big kid” selves sooner. Remember that
your child is facing—and managing—a
big change in his life. He may need
more support, nurturing, and patience
from you while he makes this transition.

The Preschool Countdown: What to
Do and When
The last few weeks before starting pre-
school seem to fly by! As you begin the
countdown to the first day, here are
some things to keep in mind:

During the 2 Weeks Before Preschool
Starts:
• Purchase a backpack together with
your child. If possible, let your child
choose it himself. This gives him a
sense of control and emphasizes the fact
that he is a “big kid” starting preschool.
• Label all items—backpack, jacket,
shoes, blanket, teddy bear, etc.—with
your child’s name and teacher’s name in
permanent ink.
• Contact the preschool’s health pro-
fessional if your child has medication
that he or she takes on a daily basis.
There will be special rules and forms to
fill out for your child to receive medica-
tion at school.
• Figure out how your child will get to
school and how she will come home.
Talk to your child about the morning
and afternoon routine so that she un-
derstands that she will be safe, okay, and
cared for. Make sure your child meets
her before- and/or after-school care-
giver, if you are using one.
Start using your child’s “school bed-
time.” Children often go to bed later as
the summer months, and longer days,
kick in. Help your child get into a pre-
school schedule by keeping to his
school bedtime, beginning about 2
weeks before school starts.

The Night Before Preschool:
• Answer any last-minute questions
from your child.
• Let your child choose (weather- and
school-appropriate) clothes for her first
day.
• Make sure that your child goes to
bed on time.
Pick a bedtime that gives your child a
good night’s rest before the first day.
Keep the bedtime routine soothing and
relaxing. Don’t focus too much (or at all!) on the first day of school unless he
wants to.

The First Day:
• Wake up early enough so that you
and your child don’t have to rush to get
to preschool.
• Make breakfast for your child and, if
possible, sit down to eat together—or at
least talk with her as she eats and you
get ready.
• Review the day’s routine (what pre-
school will be like, how your child will
get to school/home).
• Pack your child’s backpack together.
If your child is bringing lunch, select
foods that you know are his favorites.
Having some familiarity on his first day
is helpful as he adjusts to so many
changes.
• You may want to send your child with a
family photo or favorite book as well.
These familiar objects can help if she feels lonely during the day.

**Saying a Good Good-Bye**
These strategies can ease the jitters of separating on your child's first day at preschool.

**Plan to stay a little while.**
You may plan on staying a few minutes on that first morning that can help ease the transition. Together, the two of you can explore the classroom, meet some other children, play with a few toys. When you see that your child is comfortable, it is time to leave. If he is having a harder time getting engaged, you may want to ask your child's teacher to stay with your child as you say good-bye so that when you leave, he can turn to another caring adult for support.

**Keep your tone positive and upbeat.**
Children pick up on the reactions of the trusted adults in their lives. So try not to look worried or sad, and don’t linger too long. Say a quick, upbeat good-bye and reassure your child that all will be well.

**Think about creating a special good-bye routine.**
For example, you can give your child a kiss on the palm to “hold” all day long. Or, the two of you can sing a special song together before you leave. Good-bye routines are comforting to children and help them understand and prepare for what will happen next.

**Resist the Rescue.**
you hear your child crying, as upsetting as this can be. This is a big change and your child may, quite understandably, feel sad and a little scared. But if you run back in, it sends the message try not to run back in the classroom if you hear your child crying, as upsetting as this can be. This is a big change and your child may, quite understandably, feel sad and a little scared. But if you run back in, it sends the message that he is only okay if you are there and it is likely to prolong your child’s distress and make it harder for him to adapt. Rest assured, teachers have many years of experience with helping families make the shift to preschool. Instead, you can wait outside the classroom for a few minutes to ensure that all is well, or call the school later in the morning to check in.

**NOTES of IMPORTANCE:**

**Sign in:** ALL parents “MUST” be signing their child in and out every day! (It is a state law and must be done)

**9am Arrival:**
Please remember to have your child here prior to 9am. Arriving past that arrival deadline may hinder your child’s ability to be cared for. Beyond 9:15am. If you have not called, your child will not be able to attend or stay without a doctor’s note!

**Change of Cloths:** All children need a weather appropriate change of clothing, with their names on them.

**Blankets:** You may provide one blanket. No pillows are allowed.

**We Do NOT serve breakfast:** We provide a simple snack at 8:30am. Please do not drop off your children with a Sippy Cup, fast food breakfast or home meals. We are not geared to coordinating breakfast needs. Please make sure your children are nourished before they arrive at school.

**Lunch Containers:** All such containers, boxes, etc. must have an Ice Pack and the child’s name on it.

**Footwear:** No flip flops or open toed shoes are allowed.

**Toys, Gum & Small Items:** Please do not allow your children to come to school with Toys, Gum or small items as they tend to cause a disruption with student behavior and some items pose a safety hazard to your child or others.

**Tuition Payment:** Must be paid in full weekly. Please help us assure there is no lapse in our services to provide care and program services to your children.

**Sea of Learning**

**RESOURCES:**
Valuable Resources may be found on our website: If you would like to share additional resource information, please contact us.

[www.seaoflearningpreschool.com](http://www.seaoflearningpreschool.com)

If you have a specific request for information not presented, please don’t hesitate to ask and we will try our best to find or secure the information for you.
IT TAKES A VILLAGE
Services & Functions That Hit Close to Home

Note: If any of our parents out there would like to have their businesses presented in our newsletter, please share your interest with our office and we will make every effort to have them listed.

DONATE: We encourage our parents and the community to donate supplies and materials to the Sea of Learning as these help provide us with the tools to spark the interests of our children in how they express themselves. Empty paper rolls, scratch paper, etc.

DeCubellis Wellness Center
7837 Little Road
New Port Richey, FL 34654 727-84-CHIRO

COMMUNITY NEEDS

SABRINA:
Our continued Prayers for the health of our student Sabrina. When one child is in crisis, it is felt through us all. Prayers for this sweet child.
We hope prayers are answered and that love and support are present in the lives of all those impacted by hardships.

BOYS of SUMMER

Sea of Learning August 2019

<p>| SAT | 3 | 10 | 17 | 24 | 31 |
| FRI | 2 | 9 CLOSED | 16 | 23 | 30 |
| THU | 1 | 7 CLOSED | 14 | 22 | 29 |
| WED | 4 | 12 | 13 | 20 | 26 |
| TUE | 5 | 11 | SCHOOL STARTS | 19 | 25 |
| MON | 6 | 12 | 13 | 20 | 25 |
| SUN | 7 | 14 | 15 | 21 | 28 |</p>
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