

Starting Preschool with Emma

Little practice moments for you and your child.



Emma's approved book cover

Choose one activity. Go at your child's pace. Tick each box after trying it.

☐ **Practice opening your lunchbox.**
Try together, and ask for help when you need it.

☐ **Choose your school clothes together.**
Pick comfortable clothes and set them out.

☐ **Practice a short goodbye.**
Try: "I love you. I will see you after school."

☐ **Talk about pickup time.**
Tell your child who will collect them and when.

☐ **Practice meeting a new friend.**
Try: "Hi! May I play?"

☐ **Name a feeling together.**
Ask: "What feels exciting? What feels a little scary?"

A gentle reminder

It's okay to feel nervous. Listen, reassure, and take one small step together.
These are practice ideas, not a test of school readiness.

Read together: Emma's First Day of Preschool by Chalette Hodge

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