

## Preschool Readiness

Congratulations! Your child is starting their preschool years at *Hilltop Beginnings Preschool, LLC*. To enter our program, children must be at a minimum of 3 years old.

Entering a preschool program can be overwhelming for some children. It may take a week or two for a child to be totally comfortable in a preschool environment. The first month in our program is the time we use to ensure our program is a good fit for your family and child.

During the first month we will observe the following:

- ❑ **Behavior of the child**—No child is expected to be perfect. Our job is to assist in building good habits and getting your child kindergarten ready. However, some behaviors may not be a fit for our environment. Some of these behaviors are: consistent aggression toward other children/staff, biting, running away from staff, not obeying directions, etc. The aforementioned list is not all inclusive.
- ❑ **Activities**—Children are never sitting for more than 15 minutes. When they are sitting, it is for calendar, circle time, story time, a craft, or table time activities. Mealtimes take up to 20 minutes depending on the child. Your child needs to be able to remain seated for the full 20 minutes even if they finish their meal quickly. We encourage them to sit and chat with their peers while everyone else finishes eating. Your child needs to be willing to actively participate in planned activities or able to observe without disruption to the other children. It is okay if a child is not able to do this at first. We will update you so that you can also work with your child at home on these skills.
- ❑ **Mealtime**—Preschoolers are expected to be able to feed themselves with a fork and spoon with supervision by our staff. They also need to be able to drink from a cup. The child does not need to be an expert at eating with utensils. Eating proficiency will come with time.
- ❑ **Nap/Rest Time**—We have nap/rest time from 1-3:00 each day. We have cots each child can rest quietly on. Children are not required to sleep but they must be able to lay on their cots reading books or doing quiet activities without disturbing the other children if they do not sleep.
- ❑ **Potty Training**—Children are required to be potty trained to enter our program. Children may wear pull ups during nap but pull ups must have resealable sides. Your child must be accustomed to going to the bathroom by themselves, wiping themselves, and can tell us when they need to use the bathroom.