

A THANK YOU

Thank you for this year.

In my own words, written down by a grown-up.

A PICTURE I MADE FOR YOU

My favourite thing we did at school

I will always remember

When I'm big, I'll tell you

Love,

AND FROM HOME

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Watch your child's face when the kid starting school is them.
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FOR THE GROWN-UPS

The last month, and the weeks after

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Most little ones take the last day in stride, and it's often the grown-ups who cry. What helps your child is a proper ending: a few weeks of counting down, looking back, and saying goodbye in their own words. Here's the last month at school on one page.

Count down the last month

- [ ] **A sticker on the calendar** every day of the last month, so the end isn't a surprise.
- [ ] **Talk about it:** what they'll miss, who they'll see again, what comes next.
- [ ] **Say how you feel too.** NAEYC: "talk about your feelings too."

Look back at the year

- [ ] **Go through the pictures** and the things they brought home since September.
- [ ] **Say what's changed:** "Remember when you couldn't do your zipper?"
- [ ] **Let them pick one thing** to keep somewhere special.

Make the goodbye: the card

- [ ] **Ask at a quiet time,** one question at a time, and write down exactly what they say. The funny answers are the ones teachers love.
- [ ] **One for each teacher they love,** and one for a friend who's leaving.
- [ ] **Give it with the gift,** or on its own. Teachers keep the notes.

At the door

- [ ] **Keep the goodbye short and calm.** Head Start: "Parents' emotions are contagious."
- [ ] **Save "I'll miss it too" for the walk home**, when they can see you're OK.
- [ ] **Plan one thing after,** a treat or a park, so the day ends on something.

When their friends move on

- [ ] **If friends leave and your child stays**, they may not understand they won't see them every day. Say it plainly, and more than once.
- [ ] **Keep a photo** of the friend, and plan a playdate over the summer.

The weeks after

- [ ] **A new room or a new school:** two to three weeks of ups and downs is normal.
- [ ] **Accidents, clinging or tantrums** can come back for a while. Go with it, and it passes.
- [ ] **Kindergarten in the fall?** Keep bedtime steady, and start moving it two to three weeks before. Reading and play beat workbooks.

What's behind this: NAEYC, Head Start, Zero to Three, the Child Mind Institute, KidsHealth (Nemours), the Canadian Paediatric Society, studies of children moving up a room at daycare, and parents' own accounts. The full guide is at fablefleet.com/teacher-thank-you-card.

Watch your child's face when the kid starting school is them.

A story with their name in it: the pebble pressed into their hand at the door, a cubby with their name, the whole day running out at pickup. **Scan to see the story.**



fablefleet.com/stories/first-day-of-school

Free bedtime routine in the app