



HUDSON COUNTRY  
MONTESSORI SCHOOL

# TODDLER PHASE-IN PERIOD

Some toddlers experience anxiety during the first days of school. A Phase-In Period can help ease the adjustment and separation anxiety that your toddler may experience. Below are a few tips to help your child adjust.

Before the school day starts:

- Pick a bedtime that gives your child a good night's rest before his or her first day. Keep the bedtime soothing and relaxing. Don't focus too much on the first day of school.
- Wake up early enough so that you and your child don't have to rush to get to school
- Make breakfast for your child and, if possible, sit down and eat together.
- Pack your child's backpack together. If your child is bringing lunch, select foods that you know are his/her favorites. Having some familiarity on the first day will be helpful as he/she adjusts to a new routine.
- If you are familiar with the school day routine, have a conversation with your child and discuss what your child can expect

Should your child continue to experience adjustment and separation anxiety, parents can make arrangements to reduce the child's attendance at school for a shorter period until he/she becomes more comfortable with school routine.

Our goal is to ensure that your child's first experience in his/her new school will be a positive and wonderful one with much enthusiasm for exploring, learning and having fun. We expect that by the end of the first week, most children will be on their way to comfortably adjusting to their new environment.