

How can you help your child return to preschool?

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Poradnia
Osiek

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- It is important for a parent to become familiar with the rules and procedures provided by the preschool.
 - Start with yourself - before you talk to your child, answer questions bothering you, e.g. what does it mean for me that my child is going back to preschool, what I think about the situation, etc. Awareness of one's own thoughts and feelings can create a more flexible space for talking with the child.
 - Use simple words suitable to the age of the child when talking.

Talk about:

- What does the child think about returning to preschool (what is he/she happy about, what is he/she afraid of) - calmly listen and encourage him/her to speak.
- Explain what the preschool will look like and why. At each of the following points, explain to your child why this is happening and reasons behind these principles (we all protect ourselves, we want to be healthy, we care for each other and at the same time we want to be together)
 - Parents will not enter the facility (you can say, for example, that this is the world of children and teachers of preschool)
 - Children return to preschool but their toys stay at home (you can say, for example, that we come back "one after another", children first; you can refer to the fact that we try not to mix home and preschool toys or tell a fairy tale about the fact that we will have two kingdoms and e.g.: home toys rule the home kingdom and preschool toys rule the preschool)

- Think of your “magical” way to say goodbye / welcome
- Think of your “magical” way to say hello to the teachers (e.g. dancing, waving),
- Teachers will be wearing their face shields (a bit like a fireman) - you can refer to the fact that everyone is wearing masks (give an example from a store, park, etc.) and through the face shield you can see a smile directed specifically at a child. It is worth emphasizing that the teacher wearing the helmet is still the same teacher.
- There will be fewer children in classes, other children still have an "online" preschool.
- We will wash the hands more often (but children already know that it is good to wash your hands).
- It will be a little different when it comes to rules (e.g. meals in classes, etc., you can share your enthusiasm about how it will be, let the child also tell what he thinks about it and whether it already used to be like that in preschool).

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- It is very important to talk to children about social distance (try not to kiss / hug but we can come up with dances, greeting cards, etc.). It is important to note that it is perfectly fine that a child would like to kiss friends. This is the time we come back after a long period and we must slowly find ourselves in a new situation - we still take care of each other but this time by not kissing.
 - It is important to say that the child will always be able to hug the parent at home
 - If the child does not know what to do, he/she can ask teachers (it is ok not to know, we are all learning new rules).
 - Teachers will always help and if the child will be sad or not know something, he can always ask.

- It is important to take information seriously on one hand and not to scare the child on the other. You can share your enthusiasm and curiosity as it is "the same" but "a little different" preschool.
- It is important to be prepared for repeated questions from the child, this way children handle problems.
- Talking about coronavirus may be supported by watching movies, reading booklets available on the Internet, and also recordings made available for children on Google Classroom in the PPP "Osiek" folder. After watching a movie talk to the child about what he/she thinks and feels.
- Children can also draw their idea of how it will be in preschool and send a picture to their teacher or a friend (they are not allowed to take the picture with them to preschool).

Important:

- Protect the child from excessive information in the media regarding coronavirus and overhearing "adult conversations" on this topic. When this happens calm down (do not deny) the child's emotions, tell him/her that e.g. all patients receive appropriate care and the child and his relatives are not in danger (you can use fairy tales or recordings available for you on the Google Classroom, in the PPP "Osiek" folder).
- After returning from preschool - it is important to create a space and conditions for the child to relax. Depending on the child's needs, it can be exercise, hugging, painting, talking. Let's start the conversation by telling e.g. about your day. Let's be open to what the child didn't like (let's not deny it), we can say that we don't like something either, but let's add something else we like (to show duality of experience and feelings).

If you have questions:
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