

## Suggestions for a happy drop off:

1. **Arrive by 8:15, which is the Lower School start time.** Arriving on time allows time for the children to participate in circle time and begin morning routines and instruction.
2. **Establish a good-bye ritual.** Whether it's a high-five or bear hug, have something you do each morning to comfort your child before you leave.
3. **Say goodbye quickly.** Hug, kiss, "say goodbye" and walk away (even if you hear crying!) Remind your child how you always come back. Most children calm down before the parent leaves the parking lot. Feel free to email the teachers to check on your child anytime. We will make sure to contact you if we need you. A quick goodbye is the best goodbye!
4. **Make a big deal** when you pick up! This is a time for you to hear about their day and to receive any updates. For this reason, we ask for you to please **not** be on your phone during drop-off and pick-up.