

# Doc Talk

By Dr. Veronica Naudin



## What Should I Know about Preschool?

**Q:** My mother thinks I should put my son into preschool. My husband thinks he is too young. How do I know?

**A:** Starting preschool is a big step for many young children. The decision to start preschool is often difficult for young parents for their first child. Parents want what is best for their child. For today's young parents, they are torn between giving a child nurturing time at home and making sure that they are prepared for elementary education. While preschool is not mandatory, it is a common practice. Since parenting styles differ, there are a variety of preschool styles also.

Preschool is defined as an early education program. There are several different varieties of preschool.

### Home-School/Pre-school

This option is best suited for a mom with a lot of patience who loves spending time with young energetic preschoolers. It can be very rewarding to see your child learn to color and master the alphabet and some phonics.

### Day-Care/Pre-school

This option is best suited for the working mother who must have a child in a 40-hour care setting to accommodate her working schedule. These programs offer a balance of academic and play so that a child can develop academic and social skills.

### Academic and Developmental Preschool

This option is optimal for children who have a regular caregiver, (either mom, grandparent, or babysitter/nanny), who need preschool education for a few hours each day. Attendance is usually 2-3 days per week. In the academic version, the focus is on a curriculum which teaches the basics. These types of preschools are usually very structured and adhere to a regular daily schedule. In a developmental preschool, the "academics" are taught in a developmental fashion. They use cooking and measuring to teach math and lots of art to improve fine motor skill and coordination.

Hence, your decision to place your child in a pre-school should be based on your family's needs and also your child's needs. The best pre-school for your child may not be a great choice for your neighbor. So parents really

need to look into the various programs and think about the individual needs of their children and decide which program will work best. I would encourage you to look at various programs before you actually intend on enrolling your child.

While it may be too early to start preschool, it is not too early to look at what the various programs have to offer your child. Often, a tour of the preschool and the ability to observe children in the school setting will allow you to make an educated decision on whether this program will benefit your child. An early tour of preschools will also give you an idea of the financial responsibility and enrollment policies associated with each preschool. At the end of your tours, you may find that you are ready to have your child enter the world of early education or you may decide that you can put off enrollment for a bit. I am confident you will make the appropriate choice for your child.

As a final word, preschool is an important step. However, nothing is as valuable as daily reading to your child. So during the time your child is too young for preschool, he is not too young to be read to by a parent, grandparent, and/or babysitter. Continue to read to your children during their elementary years and the rewards are great.

### **Doc Talk is sponsored by**

***"Pediatric Medical Associates of Tri-City"***

Dr. Jorge Castro, Dr., Veronica Naudin, Dr. Stanley Ambo, and Dr. Lyra Ng are dedicated to providing you with the quality health care that you desire for your children.

**Please send questions and/or suggestions to:**

Doc Talk, c/o PMA,  
2067 Vista Way #180, Vista, CA 92083  
or call: (760) 945-3434 or fax: (760) 945-6761