

The Preschool Survival Guide

While each phase in a child's life presents its own highlights and challenges, there's something about the preschool phase that has us reeling from the duality of it all.

Your kid can now communicate their thoughts and needs more clearly, but with the burst of vocabulary comes head-turning meltdowns.

Your kid's palate may have diversified some, but they've still got a taste for the trusted chicken nugget.

Your kid understands what the rules are a bit better, but that doesn't mean they're not going to continue to push boundaries to see if those rules hold.

It's the in-between that can leave you feeling weary because while it's nice to know your kid is learning and growing right before your eyes, you're faced with the realization that there's still so much to teach your kid and learn for yourself.

But if there's anything that ignites a spark of hope it's the knowledge that none of this hard yet rewarding work was meant to be done alone. That's what community is for. That's what relatable content is for. And that's what we're for. Anything we can do to share the burden of responsibility parents face each day while reassuring you that you're OK, your kids are OK, and that you'll make it to the other side is what we'll continue to do day after day. We see you, we're right here for you, and we support you.

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For the first-time preschool parent...

One Question Your Preschooler Is Asking

Every kid at every phase is asking a unique and fundamental question. How you answer that question for your child will communicate the one thing they need most: Love.

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The Truth About Parenting Preschoolers

Things need to be wrecked before they can be rebuilt. The greater the obstacles we navigate in these preschool years, the better and stronger our family's story becomes.

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Toddlers Have Super Powers

It may be just a phase, but it's a phase that's equipping them for the rest of their lives. So take a deep breath, pour another cup of coffee (which you won't finish hot)—and don't miss it.

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Welcome to Preschool: Making the Most of the "Why?" Phase

The preschool phase is filled with questions we're hardly ever prepared to answer. These rapid-fire interrogations, often asked at the most unexpected times, leave us feeling all kinds of ways—from inadequate to frustrated to mortified.

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For the overwhelmed parent...

Will This Ever Get Easier?

When the seasons of easy come around—and they will, my friend—promise to pay it forward and encourage someone who is in the spot where you are right now.

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Take a Deep Breath: 5 Things That Are True Today

Think on these truths as you go about your day today. Choose one or two you can latch onto when life feels shaky.

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Calm in the Chaos: How to Create a Peaceful Home

When we care for ourselves, we can walk into our homes, into the chaos, and everyone lives to see another day.

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3 Survival Tips for Preschool Parents

If you've got one under five, you're stretched. If you've got two under five, you're beyond capacity.

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Part 3

For the parent worrying about the future...

It's Just A Phase... Don't Miss It

A phase isn't something to wish away or hurry past. Because once a phase is over, it's over.

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How Do I Teach My Toddler Patience?

We can't expect our children to exhibit behaviors, practices, or habits that we don't exhibit ourselves.

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How No-Drama Discipline Helps Me Communicate With My Toddler

When they're calm, then we can guide them to making positive, productive choices on their own—well, that's the hope, anyway. We continue to repeat this process until the end of time.

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How to Survive Your Preschooler's Tough Questions

We all know this to be true: Our kids will ask us blindsiding questions that will require well-thought-out answers.

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You have approximately 936 weeks from the time your child is born until he or she graduates from high school. It goes by fast, and kids change and grow quickly. It's as if they shift or move on just as you're starting to figure them out. It all makes the responsibility to shape a child's faith and character feel overwhelming.



The Prechool Phase Guides simplify what parents need to know about each phase of a kid's life and give them the opportunity to discover more about their children—so they can make the most of every phase.

Discover...

- What's changing about your kid over the next 52 weeks.
- The 6 things your kid needs most.
- 4 conversations to have in this phase.

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