

Welcome to the Self-Realization Fellowship San Diego Temple Sunday School

Dear Parents of Preschool Children,

Welcome to our Sunday School! We look forward to having your children participate in our program. The preschool years (3-5 years old) are a very formative time in your child's life. We aspire in these very early years to help children begin their spiritual journey, so that they develop their own personal relationship with God. With this in mind, we ask your cooperation with some practical, simple guidelines, so that each child's experience may be a positive one:

When your child is 3 years of age, carefully consider whether s/he is ready for Sunday School. If children are not comfortable going to class, it may be best to wait a few months. This can help them make a smooth and positive transition.

Talk about Sunday School beforehand, explaining that it is a group of children who come together on Sundays to have fun and learn about God. Present the idea as a special gift or opportunity. Prior to your child attending on their first day, you may bring your child to the room, to meet the teachers, and preview the activities.

Explain to your child that you will go to Sunday School together, and then Mommy or Daddy (or grandparent or friend) will say "goodbye" and go to their own class, and come right back afterward. You can role play this at home, pretending to knock on the classroom door, go inside and look at the pictures of the Gurus, then say goodbye.

Parents are required to stay on the premises while their child is in class. If your child is new or apprehensive, it is best if you sit in the Special Events/Overflow Room or Family Room near the Sunday School building so we may find you if necessary.

On Sunday, please arrive about 10-15 minutes before class begins at 11:00 a.m. **Before class begins**, please take your child to the restroom. Then bring your son/daughter to class, allowing a few extra minutes to get settled before class begins so you may say goodbye. Please make sure your child is toilet-trained before they attend class. We have a conveniently located restroom adjacent to

the preschool class, and near the Family Room. Please also ask your child not to bring toys or food to Sunday School.

After class, please be sure to pick your child up immediately after the service, as children often worry when their parents are late picking them up. Your child's teacher will stay with your child until you arrive, so please be prompt. After you pick up your child, it's a good idea to show an interest in what your child did that day. If your child had difficulties separating from you, explain how proud you are that s/he was able to stay with the group.

If your child is not able to stay in the classroom after one or two classes, please be patient. Your child will develop the confidence in his/her own time. It is better to wait three or four months and then try again, when your child feels more confident and willing to attend.

Our Guidelines for Self-Realization Fellowship Sunday Schools, developed under the direction of former SRF President Sri Daya Mata, state: "It is suggested that Sunday School sessions be confined solely to the children and not be generally open to the parents. Exceptions may be made from time to time as in the case of a child in the younger age-group who is attending for the first time. Three-year olds are accepted only if they can be managed without their parents in regular attendance."

If you have questions, feel free to discuss them with the Sunday School chairperson. It is our pleasure to serve you and your children, and together to create the best possible atmosphere for the preschool class.

San Diego Temple Sunday School Staff