

## **The First day of School is a BIG event-**

- **For parents AND children.**

### **If you go with your child:**

Arrive on time.

Not too early though. A long wait for class to begin with other parents and children may increase stress.

Leave cheerfully.

Don't linger. Your presence may distract from this new and exciting world.

Keep a positive attitude.

If you look forward to the first day of school, your child will probably do the same.

### **Discuss any fears.**

- **It's natural for children to have some fears about school.**

For example:

- Who's going to help me?
- Will I miss home?
- Will the other kids like me?
- Will the teacher like me?
- What happens when I have to go to the bathroom?
- Who's going to meet me after school?

### **Try to:**

Encourage discussion.

Let your child talk to you about his or her fears and feelings.

Be reassuring.

Tell your child that everything will be all right. Do all you can to help your child feel happy and confident about school.

Work out problems.

Let the teacher know your concerns. Teachers care about how children and parents feel.

## **Show your child that learning is fun.**

### **Share activities such as:**

Dividing family members or playmates into groups to build organizational skills.

Keep a thermometer and clock handy to teach about temperature and time.

Grow plants to encourage curiosity and a sense of wonder.

Playing games with words, numbers and colors at home and in the car to build basic language and number skills.

Promote a love of reading- read books and magazines together.

## **Encourage helpful habits.**

### **For example:**

Putting things away.

Set a regular time to pick up play things. It is a good way to develop responsibility and the ability to organize.

Getting along with others.

The ability to work with others and a sense of caring and sharing are vital for children in school.

Keeping focused.

Being able to follow directions is a necessity at school.

Regular bedtimes.

Get your child to bed early enough each night. A good night's sleep aids in physical and mental health.

Assign tasks.

Being responsible for regular household tasks teaches reliability.

Dressing him or her self.

Your child should be able to tie shoelaces, fasten buckles and button or zip clothes without help.