

Getting Ready for School

Most parents want their child to make a smooth, happy transition from home to school. The things you do and say with your child will help your child to anticipate with eagerness the first day of school. Try these:

- Talk about school as a place where they will meet new friends. Be casual, confident and cheerful in your conversation about school.
- Drive by the building several times so they will be familiar with the building and the door to enter.
- Have your child shop with you for new clothes and school supplies.
- Arrange for your child to spend a half day with another family. Help him/her become comfortable with the idea of being away from you for short periods of time.
- Help your child practice buttoning, zipping and putting on and off their jacket.
- A few weeks before school begins, explain exactly what will happen. Something like this: "On the first day of school we will go to your class. We'll meet your teacher. I will come get you after school and we'll go home together.
- Don't deny your child's feelings, fears or uncertainties. Allow him to express his feelings. A good thing to say is, "I can tell you're not sure about this. We are all afraid of new places sometimes."
- Remember not to talk about your child with other adults in his/her presence or . This only multiplies the child's fears.

If you feel you or your child might experience sadness or anxiety when separated, keep in mind the following:

- Many young children get great satisfaction from school even though they do not appear sociable and happy-go-lucky.
- Say good-bye to your child once with a hug, and do this at the door. Do not cling.
- Be positive and matter-of-fact about school.
- Don't bargain.
- If you feel sad or anxious, try not to express this to your child.



"For the LORD gives wisdom; and from his mouth come knowledge and understanding." Proverbs 2:6