

The first days of school are important 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.

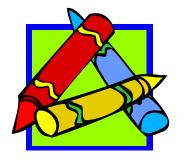
For example:

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



