

My First Day OF SCHOOL

1. Try to visit the school and see the classroom before school starts.
2. Prepare your child for the new school experience by explaining what to expect. Explain to them what they will be doing at school, what time you will pick them up and what will happen once school is over.
Answer all questions directly and honestly.
3. Go shopping for school supplies and explain to your child how your child will use them in school.
4. Read books to your child that talk about daily activities at school and address children's fears about beginning school.
5. Establish a routine involving both the night before a school day as well as morning preparation. Rituals and routines are comforting.
6. Once you tell your child you are leaving, it is important to follow through. Extending the good-bye tends to heighten anxiety rather than relieve it.
7. Never sneak out because this can break the trust between parent and child and make the second school day even harder.



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