



# SCHOOL READINESS



Starting school for any child is a big deal. It can take up to a month for your child to get use to a new school setting. So what can be done to ease this transition for yourself and your child? Here are a couple of ideas to help:

## **+ Keep Goodbyes short and sweet**

Give your child a hug and say "I love you", say you'll be back at the end of the day, then leave. He/She might cling or cry, but lingering won't help either of you.

## **+ Don't hang around**

Peeking into the classroom to see if your child stopped crying could send her/him into more upset. Your child may also be thinking, "If Mommy's so worried that she has to watch me, this place must be scary!"

## **+ Don't over- do the reunion**

Follow your child's lead at pick-up time. He/She may run for a hug or just say "hi". Follow what your child does. If you go on about how you missed them, your child may feel guilty for making you sad.

## **+ Have a morning routine in place.**

Establish a morning routine that involves doing particular things such as eating breakfast at the same time each day and do routine things in the same order everyday.

## **+ Talk**

Talk about the new routine, talk about your child's feelings towards school - open up the lines of communication.

Finally, start counting down the days on the calendar with your child until the first day of school arrives.

Have a Wonderful School Year!

## References:

Felsenthal, Rebecca, Parents Magazine September, 2008