

## First Day Jitters

The first day of kindergarten can be a scary time for some kids (and some Moms and Dads, too!) Starting school is something that children have probably been thinking about all summer. Now, they walk into a new room with all new kids, new grownups and new "stuff" and maybe Mom looks a little teary-eyed that her "baby" is growing up fast...well it's no wonder some children suddenly cling to parents and cry! Here are a few tips for getting through those first few days.

*\*Try to act confident yourself.* If you seem anxious and unsure about leaving your child at school, children pick up on that and start wondering if there really is something to worry about!

*\*Goodbyes are best said at the door.* When it is time for you to leave, make sure you say goodbye. Trying to "sneak out" when the child is busy and not looking, sometimes makes kids panic a few minutes later, and may make separation even more difficult the next day.

*\*Separation problems sometimes show up on the second or third day, just when you think you're getting off easy!* It is also common for children to have difficulties when there are major changes in the home. Let me know if there is anything in your family that you think is important for us to know.

*\*Please remember that I am a parent myself and really do understand how hard this can be.* I know that you are entrusting me with a very precious gift, and I feel honored that I will be your child's kindergarten teacher.

*\*If your child is having an especially hard time, I will give you a call at home or work.*

