



# STARTING SCHOOL

Dear Parents,

The first day of Pre-Kindergarten can be a scary time for some kids (moms, dads and guardians too!). Starting school is something that kids have probably been thinking about all summer. Now they walk into a new room, with all these new kids, new grownups, new "stuff" and maybe Mom looks a little teary-eyed that her "baby" is growing up so fast. Well it's no wonder some kids 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 is really something to worry about.
- ❖ 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 it 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 problems when there are major changes in the home. Let me know if there is anything happening at your house 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 very honored that I will be your child's first teacher.
- ❖ If your child is having an especially hard time, I will give you a call at home or work.

We're looking forward to a great year!