

First Day Fears

The first day of nursery school can be a scary time for some children (and some moms and dads too!). Most likely, you have been talking to you child about school all summer. Now, they walk in to a new room with all these new kids, new grownups, and new “stuff”. Maybe mom looks a little teary-eyed because 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, he/she will pick up on that and start wondering if there really is something to worry about!
- ❖ Plan on only staying for 5 minutes the first day to get your child settled. Please help them hang up their coat/back packs, sign in and put their name on the planning board. Staying longer or shorter amount of time may make separation harder.
- ❖ 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.
- ❖ If your child is crying when you leave a teacher will comfort them until they calm down and are ready to play.
- ❖ Separation problems sometimes show up on the second or third day, just when you think you're getting off easy! This is very common. Continue to bring your child to school as usual and reassure them that they will be ok. Tell them that you can't wait to see what they make for art today! Do not give in and keep your child home, as this will make things worse. 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.

