










PARENT TIPS: Ways to Help Your Child Ease Into School

Before School Starts

-  Set a routine for waking, eating breakfast, dressing, going to bed, and sleeping.
-  Help your child express feelings (happy, scared, sad, etc.) to let you know how he/she feels about going to school.
-  Take your child to visit the new school. Show your child the route to take from the classroom to the cafeteria, to the bathroom, etc.
-  Remind your child that people at the school know how to get in touch with you and that someone in the office has your emergency numbers.
-  Visit the park/playground at your child's school.
-  Feel confident about your school choice and let your child know how you feel.
-  Set up a meeting with the school principal to ask any questions that you may have.
-  Shop for practical clothing that your child can manage alone.
-  Make sure that transportation plans to and from school are clear to your child.

After School Starts



Communicate with your child's teacher (ask questions about lunch procedures, rest times, routines, etc., and tell your child).



Try to be accessible, helpful, and available to your child's teacher.



If you have concerns, talk to your child's teacher.



Try to have a calm start to each day.



Help empower your child. On the first day of school, allow your child to pick out his/her own clothes, lunch box, and backpack. Let your child decide what to have for lunch.

Things to Remember



Your child may be emotionally and physically exhausted for the first six weeks. Allow time for your child to adjust.



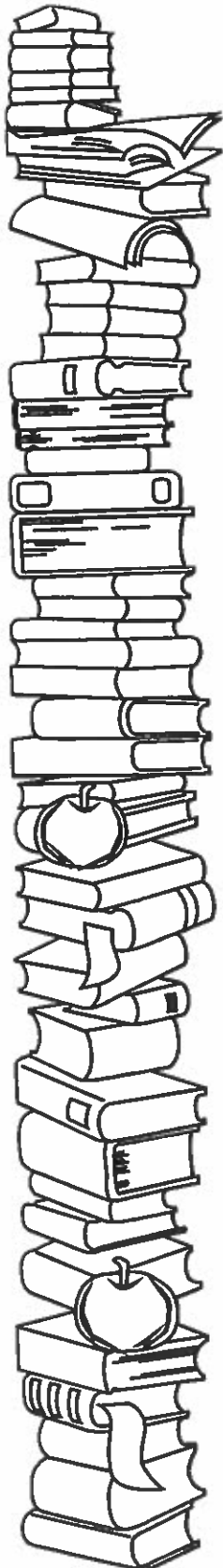
Help your child learn the new "rules" at school and reassure that it is acceptable to make a mistake.



Ask open-ended questions about their school day. "What was the best thing about school today?" "Who did you play with on the playground today?" Remember, even though you are eager to hear about the day, your conversations will be more productive if you wait until your child is ready to share the day with you.

A child's first entry into school is an exciting new adventure for both child and parent. A child's smile that says "learning is fun" is a great reward to both parents and educators. Remember, you are your child's first and best advocate!

BOOKS THAT WILL EASE THE TRANSITION TO SCHOOL



Do You Want to Be My Friend? by Eric Carle (Harper, 1987). This book shows how Little Mouse seeks and eventually finds a friend.

Will I Have a Friend? by Miriam Cohen (Macmillan, 1967). During Jim's first day at school, nearly everyone seems to find a friend. In the end, so does Jim.

Ruby the Copy Cat, by Peggy Rathman (Scholastic, 1991). Ruby doesn't know how to make friends at her new school, so she mimics what others do. She finally finds her own way to be friendly.

Welcome Roberto! Bienvenido, Roberto! by Mary Sefozo (Follett, 1969). The story of Roberto's first day at school is written in both English and Spanish.

Annabelle Swift, Kindergartner, by Amy Schwartz (Orchard Books, 1988). Annabelle is getting ready to start kindergarten, so her older sister gives her some advice.

Willy Bear, by Mildred Kantrowitz (Macmillan Child Group, 1989). A child prepares for the first day of school with his stuffed animal. When school time comes, he leaves the animal behind.

Chrysanthemum, by Kevin Henks (Green Willow Books, 1991). Chrysanthemum is a mouse who loves her name. She learns to ignore the other mice who think her name is silly.

Berenstain Bears Go to School, by Jan Berenstain (Random House, 1978). The Berenstain bears are off to school and have many fun adventures.

Boomer Goes to School, by Mary Whyte (Chronicle Books, 1996). A golden retriever comes for show-and-tell.

When You Go to Kindergarten, by James Howe (Morrow, 1994). Children can learn what to expect from school in this comforting book.

Miss Bindergarten Gets Ready for Kindergarten, by Joseph Slate (Dutton, 1997). Miss Bindergarten is preparing her classroom as her soon-to-be students awaken and anxiously prepare for the first day of school.