



GETTING READY FOR THE START OF SCHOOL

As the summer winds down, I would like to offer you a few suggestions for helping your child prepare for the start of school. The first day of school is an exciting day for everyone involved. It is natural for all children to feel some anxiety over the start of school, but there are ways we can help them feel better about it.

Try one of these ideas to help your child understand the passage of time~

- Mark the first day of school on a calendar and have your child cross off the days.
- Make a "count down chain." Make links out of paper and assemble them into a chain. Make a link for every day until the start of school. Cut a link off each day. When there are no links left, it's time for school!
- Fill a bowl with a favorite treat (M&Ms are a hit in my house) one for each day until the start of school. Eat one treat a day. When there are no treats left, it's time for school!

Prepare for school together~

- Go back to school shopping together. Have your child pick out needed items and show them how to manage the items (i.e. zippers, clasps, etc.). The more independently a child can manage her/his belongings, the more confident they will feel.
- Read books about school. The Somers library has a great display of back to school books. Some of my favorites are The Kissing Hand by Audrey Penn, If You Take A Mouse To School by Laura Numeroff, and Yoko by Rosemary Wells.