

First Day Jitters: Helping your child adjust to school

The Kissing Hand by Audrey Penn

A little raccoon needs reassurance about the first day of school. His mother finds a way to show him that her love goes with him wherever he goes—even to school.

Being away from a parent or caregiver can be a difficult experience for a young child. The following tips from PBSparents can help your child adjust to school or child care.

- **Talk about what is going to happen—and not happen—at school or child care.** Children want to know things like when they are going to see you again, what to do if they need to go to the bathroom, and who they should turn to for help.
- **Visit your child's classroom or child care provider before the first day.** Introduce your child to his teacher or child care provider. Discuss the daily schedule. Point out toys and activities you know your child will enjoy.
- **Allow additional time on those first few days for your child to say good-bye and adjust to a new setting.** If your child is having a difficult time, ask the teacher or child care provider for help. Most early childhood professionals have been dealing with separation issues for years and can give you good advice. Ask if you can call during the day to check on your child.
- **Ask the teacher or child care provider if your child can bring a special blanket or snuggle toy on the first day.** Having a familiar item from home can make being away from you easier. Some schools and child care centers have policies against bringing toys from home because they worry about them being lost or damaged, so be sure to discuss this ahead of time.

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Don't Forget I Love You by Miriam Moss

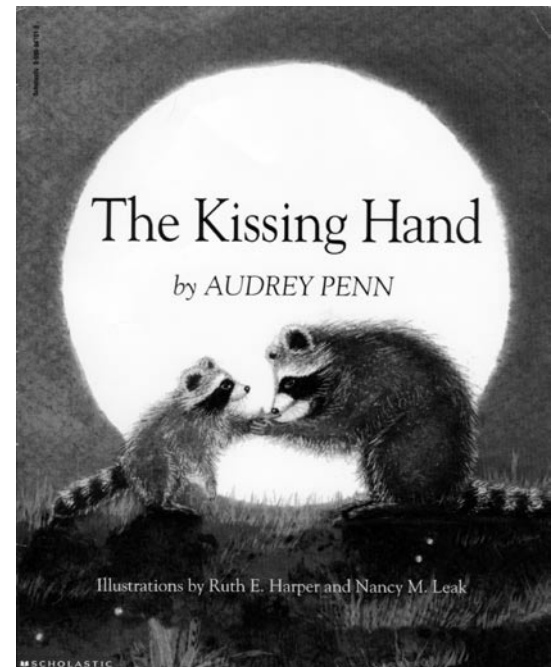
Wemberly Worried by Kevin Henkes

Bigmamma's by Donald Crews

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