

Tips

For a

Successful 'First School' Experience



- ♥ Be honest with your child; let him/her know what is coming. Talk about how they may feel on the first day. Prepare them for possible fears & tears but **assure them you will be back**. Use examples such as when you go to work or to the grocery store, even to the next room..
- ♥ Use books, puppets, toys, music, or TV shows, as props and/or examples to generate conversations about school and bravery.
- ♥ Pull out the albums! School pictures of mom, dad, siblings, even grandparents. Let the child know that school is something everyone has experienced. Be sure to include stories of your first day!!
- ♥ Role play, playing school or even performing family skits will help your child to actively participate and practice for the big day.
- ♥ Shopping for something new such as new shoes, a cool new t-shirt, sippy cup or lunch kit picked out especially for school will help your child to become excited.
- ♥ Celebrate!! Before the big day or afterwards, this is a milestone event. Involve family members. A special meal, desert or family outing to mark the event will help your child feel a sense of accomplishment.
- ♥ Of course get plenty of rest the night before the big day and wake up in plenty of time the morning of. **THIS IS VITALLY IMPORTANT EACH SCHOOL DAY.**
- ♥ Finally do it all over again for each new school day, until your child and you are comfortable.
- ♥ Remember tears are usually a normal part of the drop off during the first few weeks. So prepare yourself too mom & dad and don't hesitate to call and check in on them!

