

How Can I Help My Child Ease Those First Day Jitters?

Positive attitudes go a long way.

- Your child will feel your confidence in his/her ability to succeed.
- Your child is influenced by the things you say and do. He/she also sees the feelings you show.
- It is important that you are happy and excited about your child starting kindergarten. Your child will follow your lead.
- There are many good books to read together to get ready for the first day of school.

Breakfast is fuel for your child's body:

"A good way for your child to have energy through the day is to give him/her a healthy breakfast. This meal is important because your child's body needs the "fuel" to get going in the morning. Studies show that children who eat breakfast daily have better school records and better attitudes. The fuel gained from a healthy breakfast helps with memory."

Adapted from: *Good Nutrition Leads to Better Learning*
http://www.reading.org/downloads/parents/pb1054_nutrition.pdf.

Choices are empowering.

- Let your child make choices about school clothes, food and school supplies. This can help him/her feel more confident and in control. This also increases his/her independence skills.

Morning rush hour can be avoided.

- Waking up with enough time to get ready for school makes your home more relaxed. This helps your child feel more comfortable.
- Setting out clothes and supplies the night before works well for many families.

Saying good-bye is better than the "disappearing act."

- Leaving your child that first day might be difficult. Studies show that a loving but firm good-bye is the best way to go.
- Comfort him/her and let him/her know the next time he/she will see you. Don't make your child feel awkward when he/she is upset to see you go.
- The teacher can help with good ideas before the first day of school.