



## Early Childhood Tips

From Mrs. Beily Rosen, Early Childhood Director

Along with children's feelings of excitement for their first day of school, they may feel anxiety in their new environment. Our staff will try to make your child's adjustment as natural as possible. Here are some tips to help parents prepare for the first week of school.

- Talk to your child about how excited you are for his/her first day of school. Depending on your child's interest, emphasize different aspects of school such as playing with old friends, making new friends, exciting learning opportunities, fun playground, wonderful Morahs, toys or what a big boy he is.
- If you are anxious about your child's adjustment, make sure not to discuss this in his presence. Children are experts at reading our emotions so be sure to avoid a worried look on the first day or when speaking about school.
- Let your child pick out or purchase a special item for school (e.g. a new knapsack, special yarmulke, favorite snack to pack in a lunch, outfit or shoes).
- Make a play date with a student who will be attending with your child or who will be in the same carpool.
- In general, children benefit from a quick and clear separation from their parents each morning. Prepare them ahead of time by describing drop off time. If your child will need you to walk him in, explain that once you get to their classroom you will need to say goodbye and leave.
- Read books about attending school or about the first day of school with your child.

