

# Welcome to County Road School

## Notes from the Counselor's Office

### Tips for Helping Your Child Adjust to School

The first few days of school can often be difficult for young children. They are used to being at home or daycare for the summer and may have some "jitters" upon entering a classroom full of other children and an unfamiliar teacher. In addition to the difficulties children face, it may also be hard for a parent to leave their child at school when the child may be reluctant to be there.

If your child is having a difficult time separating once you have arrived at school here are some tips that may help:

- Talk with your child about what will happen once you have arrived at school and then follow through on what you have discussed.
- Instill in your child that school is a safe, happy place.
- Give a quick kiss and hug and cheerfully say goodbye.
- Tuck a loving reminder away in your child's backpack for him/her to look at later in the day.
- Let your children know that you will miss them too, but it's important for them to be at school.

As difficult as it may be for a parent, most children settle down quickly once the parent has left and they are able to get involved in the classroom's activities. Kindergarten teachers are skilled in the handling of these situations. If your child continues to have difficulties, you may want to spend some additional time visiting with the classroom teacher and/or your school counselor.



### Gaining Independence

During the summer it is often fun to watch robins tend their babies. They nurture them first by keeping them warm, then by bringing them worms, and eventually they allow their babies to fly on their own. As parents we nurture our children, but eventually they will be flying on their own. Starting school is the first step in helping our children gain independence. Here are some things you can do to help your children begin to grow their wings....

- ❖ In kindergarten our children will be eating in the lunchroom and will be carrying their food trays to their table—At home have your child carry his/her dishes from the counter to the table.
- ❖ Children will be going outside for recess during the day—Help your children learn to dress themselves.
- ❖ Children will be bringing papers back and forth from school to home to school again—Sit down with your children and have them unpack their backpack and tell you what is in the backpack. Don't unpack it for them. If there are things that need to be taken from home to school, have your child put those things in his/her backpack. Doing it for them creates dependence rather than independence.

Arlene Hagendorf, your School Counselor, is looking forward to helping your child feel comfortable at County Road School. Please call her at 201-784-2084, extension 230, if you have any concerns.