

Mrs. Wrubleski's tips for making the first day great!

You and your child may have mixed feelings about the start of kindergarten. You may be excited for your child's first day of school but worried about how your child will cope with new routines, strangers and riding the school bus. Your child may be worried that the teacher may not know their name or they won't know the other children in the class. Most likely though, your child will view kindergarten as a new adventure and a challenge especially if they are prepared and know what to expect.

Your attitude towards the start of school can set a positive tone for your child. If you are anxious or worried, try not to pass those feelings along to your child.

Before the first day

Practice walking to school or going to the place the bus will pick your child up often so it feels like a familiar routine. If your child is riding the bus, your bus driver may call you and take your child for a bus ride and orientation prior to the start of school. If you request one, I will arrange for a bus buddy to help your child feel comfortable on the bus and bring them to the classroom.

A few days before the start of kindergarten, start going to bed and waking up on the schedule that you will be following on school days. The day before the first day of kindergarten, let your child pick out the clothes they will wear the first day of school. A favourite outfit or clothes they feel comfortable in and have worn before would be great! Then try to go to bed on time so you are both well rested and ready for the first day of school.

The first day

Get you and your child up early enough to have a calm unhurried breakfast. Keep things as normal as possible. If your child usually eats cereal, have cereal this morning.

When you say good-bye to your child the first day of school, **make it quick, light and reassuring**. Your child will be reassured by a warm hug and a reminder that you will be picking them up after school or waiting for the school bus after school is finished for the day. Try not to communicate your feelings of anxiety and separation.

Most parents feel a sense of loss when their child goes off to school. If you are feeling that way, plan a special activity for yourself that you can look forward to when your child is at school.