

INSIDE THIS ISSUE:

**Helping Children
Cope With
Separation
Anxiety** |

Attendance Policy |
Synopsis

**Back-To-School
Tips: A Checklist
for Parents** 2

**Seven Ways to
Keep Kids Healthy** 2

Parent Tips 2

SPECIAL HIGHLIGHTS:

- **Welcome to a new program year!**
- **Give input into your child's education. Become a part of your center's Parent Center Committee.**
- **All centers will be having their Parent Center Committee Meeting in September. Look for the notification from your local center.**
- **See the Center Supervisor or Family Engagement Staff for more information.**

Meet the Director:



Penny Meadows has been named the new L.B.J. & C. Head Start Director. Penny is proud to begin the journey as Director and grateful for the opportunity to work with the families and community members of the Upper Cumberland.

L.B.J. & C. Head Start Notes

Volume 1, Issue 1

SEPTEMBER 2019

Helping Children Cope With Separation Anxiety

The first day of a new school, or even the first day in a new classroom in the old school, can be met with a mix of excitement and anxiety for kids and parents alike. Although it's fun to embark on a new adventure and many children delight in the feeling of being "big," change can be scary for little ones (and their worried parents).

It's only natural for kids to feel anxious when saying goodbye to their parents. In fact, separation anxiety is a normal part of child development. Crying, tantrums and clinginess are all common symptoms of preschoolers struggling with separation anxiety. Parents should also be on the lookout for signs of regressed behavior. Try not to worry too much if your recently potty trained preschooler suddenly fails to make it to the bathroom on

time. When a child is challenged by a new developmental task, he is likely to temporarily lose ground in an area recently mastered.

As you prepare to drop your child off at school, try these strategies to help your child cope with separation anxiety:



Confront parental ambivalence. It's perfectly normal for parents to worry about the transition to a new school. It's hard to trust a new person or a new school with a little one! Kids will pick up on parental ambivalence. If parents hesitate, kids will feel unsafe.

Create a goodbye ritual. Creating a specific goodbye ritual prior to the first day of Head Start can ease some of the anxiety about that final goodbye. Try one (or more) of these ideas: Develop a special handshake or special wave, hug, kiss, high five and goodbye! Watch your body language as you say goodbye. You might feel sad, but you want your child to feel safe and secure in this new fun environment.

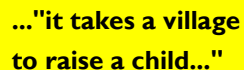
Stick to a routine. Children are at their best when they have plenty of rest, eat a nutritious breakfast and don't feel rushed.



Head Start provides a great foundation for kids and kids have a lot of fun during this first school experience. Once you get over that first hurdle of saying goodbye, you will see your child grow and learn in leaps and bounds!

Attendance Policy Synopsis

If your child has to be absent, you as the parent are expected to call the Head Start center by 8 a.m., report the cause of absence and let them know when you expect the child to return. If the parent does not contact the Head Start by 8 a.m., your child will be considered unexpectedly absent. Head Start staff will contact the parent/guardian regarding your child's absence. Contact from the parent is encouraged so that Head Start Staff can be aware of the reason. A two-day absence without any communication will result in the Family Engagement staff making a home visit or other direct contact.

Please refer to the complete Attendance Policy in the Parent Handbook for additional information.







HEY, PARENTS!

Math is everyday learning!

- ◆ Preschoolers use numbers every day when they count milk cartons for lunch or figure out how many children are at a table. Count at home with your child just like they do at school.



Powered by a Ready To Learn Grant

The contents of this site were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government. (P000490 No.112954 10/02/05, CTDR No. 84.2954)