The Kissing Hand

Please trace your child's hand. Help your child color in the hand and place a heart sticker in the middle. You can take this home today, and continue to talk about the story. This story can be a great tool for you to help ease the stress of being away from home.

<u>Ways to Ease Separation Anxiety</u>

Starting something new can be stressful for everyone, even adults. Here are some ways to help make starting school easier for you and your child.

♥ Try to stick to a routine in the morning. The consistency will eventually make mornings run more smoothly.

♥ Let your child know who will be picking them up, either from school or at the bus stop. Make sure they know that someone will always be there to get them at the end of the day.

♥ Distract them. Count stop signs on the way to school, get busy playing with toys in the morning, anything to get their mind on something other than missing you.

♥ Don't forget about yourself. Starting kindergarten can be as tough (or even tougher) for parents as it is for your child. Talk to other parents, and enjoy your time while your little one is safe at school.

♥ Quick goodbyes on the first day are best. Sometimes staying longer is worse for your child. Often as soon as they are busy playing their worries go away.

♥ Know that even if a child is crying when you leave, they will not be all day. Teachers will definitely spend extra time helping your child adjust and feel comfortable that first few weeks.

♥ Use the story of the kissing hand. Give your child a kiss and let them know you'll be thinking of them and all of the adventures they will have at school.

♥ If after all of these tips your child seems to still be having a difficult time adjusting to school, please talk with your teacher and we will work together to help your child feel safe and comfortable at school.

Thanks for your download!
Feedback is always appreciated.
More back to school ideas & resources...

ABC's of School Parent Quick Guide Brochure
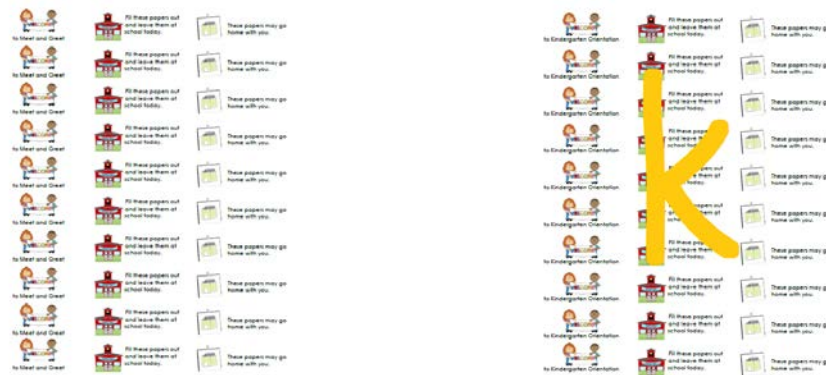
Meet & Greet   or   K Orientation
Organizational Labels

For some tips on starting the school year stress free,
please visit my blog...

A peek into our classroom...