

## Some Tips for a Smooth Transition to School

School will be starting soon. Some children will be very excited to go back to school and some may be a bit nervous about it. Even if your child is returning to a school he or she knows well, there may be some anxiety about new friends, new teachers and some possible unknowns. The following suggestions will be helpful in preparing your child for the excitement of a new year:

- Focus on self-help skills. Young children love to be able to say, "I did it myself!" Encourage your child to dress herself and take off and put on her own shoes and socks. Buy clothing that is easy to get off and on. Belts can be difficult to buckle and unbuckle. Help children feel comfortable with all their toileting needs and make sure they know to wash their hands after toileting nose blowing. Let your child know that he can ask for help if he needs it.
- Self-help skills and independence go together. The more confident a child feels, the more independent she can be. A confident child is a happy child.
- Give your child responsibilities. Picking up toys and putting them away where they belong, setting the table, emptying the trash and putting dirty clothes in the hamper are examples of good age appropriate tasks that help children learn about responsibility.
- Get back into routines. Bring back an early bedtime to ensure your child is well-rested for school. Getting up at the same time every day, getting dressed and having breakfast is a good routine to begin soon in preparation for the beginning of school.
- Don't talk too much about school until it gets closer to opening day. Too much discussion can cause anxiety. Acknowledge your child's feelings and be reassuring. If possible, have a play date or two with someone from his class.
- Read to your children every day! Make that a part of your daily routines.

We look forward to seeing you all soon!