

St. Margaret Regional School

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1963 - 2008 + 45 Years of Excellence

So your child is entering Kindergarten!

SOME HELPFUL HINTS FOR YOU

Getting set for school: Children are often excited about starting school, and perhaps, a little nervous. Below are some common causes of anxiety for a child beginning school. If you notice that your child has a problem with any of these common causes of anxiety, you may want to work with your child over the summer to insure that your child will be emotionally and socially prepared for Kindergarten.

Being away from you
Learning new routines
Following directions from another adult
Learning new rules
Getting along with other children

Helpful hints to make the transition easier: You can help your child become independent by engaging him/her in some simple learning activities around the home.

Set aside time to read to your child; ask simple questions about the story.
Encourage your child to dress him or herself.
Say "please" and "thank you" often; your child will also.
Help your child to use words, not force, when angry;
give examples of ways to talk about feelings.
Practice coloring and cutting with scissors.
Make sure your child knows how to use a bathroom properly, and washes his/her hands.
Teach your child your address and home telephone number.
Tell your child how he/she will be coming to school and going home from school.

How to calm your own nerves! If this is your first child in Kindergarten, you are probably feeling pretty anxious yourself. You are probably wondering if your child will cry, will your child miss you, and if not, why not; maybe even whether or not you are going to cry in front of your child. You may be wondering will he/she miss the bus, will he/she make friends easily? These are common emotions; therefore, do not feel that you are the only parent who feels this way. Here are a few pointers to help to make it through the first morning of school.

Arrive on time, but not too early; a long wait may add to your tension.
Leave cheerfully.

Be positive with your child.

If your child seems upset and begins to cry, leave quickly. Even Kindergarten children know how to manipulate their parents!