

PREPARING FOR THE FIRST DAY OF SCHOOL

How you get your children started in the new school year will set the tone for their success. Better prepared children have a better chance of doing well. The following are suggestions by the American Academy of Pediatrics on how to best prepare children for a successful academic year:



Calm their fears. Let them know it's normal to feel nervous about the first day of school. Encourage them to talk about their feelings.

Focus on the positives. Don't build up unrealistic expectations about how great the school year will be. Be upbeat, however, by reminding them that they'll see old friends and meet new ones and that teachers are there to help them.

Visit the school before it opens. This helps especially young children to become familiar or reacquainted with the school. If possible, try to meet with your children's teachers.

Get a neighborhood child to serve as a buddy. If your neighborhood has children who attend the same school as your child, arrange for them to travel together. On the first few days of school, it might be a good idea to walk with your children to the bus stop or to school.

Review safety rules. Go over safety measures regarding traffic and strangers.