Dear Pre-K and Kinder parents/guardians,

I am so happy you have become part of our Wood River family. The first day of school is an exciting milestone each year in a child's life. As wonderful as this new experience might be, it can also be quite stressful for the child, parents, and even grandparents. New situations and change can, at times, be unsettling for all of us. For many children this may be their first experience at separation, while others have done this at other times with daycares or special outings. It is common for even the most outgoing child to be anxious the first day of school. I have a few suggestions below to assist everyone during this transition from home to school.

1. Prepare your child by discussing what to expect Monday morning (morning routine, arrival, your leaving, your returning).
2. Convey a positive attitude. Your child will be aware of your feelings. Your enthusiasm will help your child see school in a positive way.
3. Establish a morning routine and even practice on Sunday as a trial run. This will give your child comfort as you add predictability to the first day.
4. Clearly state where you will be while your child is at school and who will return to pick them up or who will be waiting for them when they get off the bus. It is also helpful to tell them you will be excited to hear what they learned while you were apart. Have them name 3 things that they liked about their day.
5. Most importantly: Maintain a quick goodbye routine. This may include a kiss, hug, and reassurance of who and when they will be picked up. Extended good-bye’s tend to heighten the anxiety for both you and your child.

Above all remember we are here to help! If your child is still experiencing a rough transition after the first two weeks, please let the school counselor know. For more information on preventing separation anxiety, please visit the counselor website at <http://saranelsonschoolcounselor.weebly.com/> .

We are looking forward to a fun and exciting year!

Sara Nelson

School Counselor