

Welcome...

Rebecca's Learning Center
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During the first few weeks of school, don't be disturbed if your child:

- * Is shy and clings to you
- * Is aggressive and won't share
- * Hits and refuses to take turns
- * Tires easily and cries a great deal
- * Resists using the school bathroom, has accidents
- * Doesn't talk much about what happened at school

These are all symptoms of tension and stress in a new environment and will disappear as your child becomes used to the teachers, other children, and the classroom routines. Be sympathetic and supportive!

You can help by:

- ♥ Letting the children bring a favorite security object (doll, blanket, etc.)
- ♥ Letting the child just stand and watch, knowing observation is one way of participating
- ♥ Not putting pressure on the child to produce something to take home
- ♥ Having a cheerful, positive attitude as the child leaves you either at home or school: such as, "Good-bye, Ill see you later!"
- ♥ Encouraging talk about school by asking specific questions, such as: "Did you play with the ____ today?" or, "What was for snack today?" rather than "What did you do today?"

Remember always: the more relaxed the parent, the more relaxed the child!

Picture books about the beginning of school can help to lessen apprehensions, and most importantly, can open a channel of communications about school between you and your child: the start of a lifelong habit. Using children's books is a good way to show that it can indeed help in times of stress. The following books will reinforce positive feelings about school, and are appropriate long past the first day of school, as children work through the first-time experiences and feelings.

- 📖 *Its Fun to Go to School*, By Joan Mellings
- 📖 *My Nursery School*, by Harlow Rockwell
- 📖 *The First Day of School*, by Wanda Rogers House
- 📖 *Starting School*, by Janet and Allan Ahiberg

Rebecca's Learning Center has provided some books for you to read with your child, please remember to return the books to rlc on your first day of school.

Happy Reading!

Miss Becky