

**TRANSITIONING TO SCHOOL**  
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**THE GOOD NEWS:**

- School and learning in general is much more fun now than it was in our time. PS29 is devoted to building community. Seek support, ask questions, jump in! Stop by Monica and Ms. Roseann's office in room 105 to chat, they will help with anything!

**NORMAL REACTIONS/BEHAVIORS OF KIDS AND ADULTS**

- Tantrums/meltdowns, grumpiness, tiredness, hyperness, mouthiness, crying, not wanting to go to school, misbehavior, fearfulness, clinginess, say teacher's "boring," kids "mean," might need more comfort/food/sleep/play.
- There's no right way to adjust, we're all different, our reactions do not mean strength or weakness. Regression is "in the service of development."
- Adjustment is a process and may take most of the fall.
- This is a great opportunity to learn more about yourself and your child, deepen your relationship with them, and learn new coping skills together.

**MAIN MESSAGE**

- **We can DO this! Together! It's part of the adventure of life!**
- **It takes practice to learn to do new stuff like go to school and make new friends. As you get used to it gets easier and MUCH more fun.**
- **YOU ARE DOING A FANTASTIC JOB AND I AM SO PROUD OF YOU!**
- **Take deep breaths together and SNUGGLE!**

**GET ORGANIZED**

- Places/routines for backpack, coat, lunchbox, school papers, h/work folder
- Place to do homework
- Reminder sign for days to remember sneakers, library books, snack, etc
- Put school numbers in your phone, meet the Principal, Parent Coordinator
- Join and bookmark school website and FB page. **READ weekly school email!**
- Label everything/Visit lost and found early and often.

**HOW TO GET YOUR KID TO TALK ABOUT THEIR DAY/EXPERIENCE**

- Learn the lingo!! Writer's workshop, reader's workshop, morning meeting, choice time, reading buddies, names of science, art, music, drama teachers.
- Learn what days they have specials/put on the calendar
- Ask specific questions, using the lingo—"how was writer's workshop today?"
- Build on what you know—"So did Ms. Reres (science) do any more cool experiments today?" "Did you play with the blocks at choice time again?"
- Play this game: Everyone has to tell 3 things about their day, 2 of which are true, one of which is false—everyone else guesses which is which
- Slip in questions while doing other stuff, in an offhand tone, no pressure
- Ask "Do you have any worries in your worry basket?"

## HOW TO HANDLE FEARS/BEHAVIOR/ANXIETY

- **Help them identify their feelings and learn their names:** Anxious, frustrated, scared, confused, annoyed, etc...
- **Let them know their feelings are normal +understandable** “Becoming a Kindergartener is a big new job, you’re learning SO much new stuff, working so hard, it makes sense that you’re feeling \_\_\_\_\_.”
- **Be empathic:** “You know, when I started school/a new job I felt exactly the same way.” Tell a story about how you felt in school or at a new job.
- **Give ideas about how to handle feelings:** Tell me, talk about it, play a fun game, make a plan for how you’ll deal with it.
- **Practice makes perfect:** “Everybody has to learn how to go to school, how to make friends, how to get used to new things. You will, too.”
- **PRAISE:** “Even though it feels \_\_\_\_\_, you are doing it! And we’re proud!”
- **Listen to concerns without trying to FIX it.** You don’t have to have all the answers. Sometimes better to just sympathize. Then go have a cookie/apple/play go fish.
- **Stay upbeat + Talk to your teacher about any concerns**

## GENERAL STUFF

- Keep play dates/extra activities to a minimum and/or short for a while
- Schedule in some special, regular one-on-one time with YOU!
- Reinforce rules and routines
- Head massage/deep breathing together/talk about good stuff

## HOW TO GET INVOLVED/FEEL LIKE AN INSIDER VS AN OUTSIDER

- Go to “Parents as Learning Partners” in classroom first Friday most months+coffee time in Baltic St. side outer cafeteria afterwards
- Go to “Publishing Parties” and Class Potluck Supper.
- Attend a PTA meeting (they’re full of interesting inside info about school)
- Volunteer! Lunchroom, bookfair, Cool Clusters, weekend events, ask teacher about in-classroom possibilities, start something!

## BOOK IDEAS:

- Sometimes I’m Bombaloo Dinah’s Mad, Bad Wishes
- First Day Jitters
- Tucker’s Best School Day
- Wemberly Worried
- Alexander and the Terrible, Horrible, No Good, Very Bad Day
- Feeling Sad
- The Very Angry Day that Amy Didn’t Have