TAKE AWAY AS MANY “UNKNOWNs” AS POSSIBLE

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One way you can help ease your child’s anxiety is to show them what their school year will look like. Anxiety often feeds on fear of the unknown, so try a common sense approach to take away as many of these from the equation as possible. A few weeks before school starts, consider doing the following:

- Talk to your child about what they’re going to be doing in the upcoming school year. If your child is starting school for the first time, see if there’s a kindergarten orientation or a way to meet their teacher before school begins. Whether they’re starting a new elementary school or going back to the same one, go explore it with your child. Review where their class will be, visit the cafeteria, the library or the art room. Take them to the playground (with a friend who’ll be going to their school, if possible) to help them get adjusted and feel comfortable at the school. Give your child a “preview” of the new faces and places they’ll be seeing. This can help to “right size” the school in your child’s mind and take the fear and mystery out of it.

- Many schools post their school itineraries online so parents can review what their children will be learning, what activities they’ll engage in, and what fun things they may do during the year. Use this information to get your child excited about school.

- Talk about your own school days, the fun activities you loved, and what made your school experience special. Kids love to hear stories from their parent’s childhood because it helps
normalize any difficult feeling they are experiencing. (As an added benefit, I’ve found that these talks with my own children have become a springboard for them to ask questions about their own hopes and fears concerning school.)

References:

https://www.parentkind.org.uk/Parents/Preparing-your-child-for-school