



Back to SCHOOL

It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while.

There are numerous ways of helping ease the pressure of all these new things on your child. Firstly keep some sort of routine from the summer break. We all know that planning the day is of much more importance when a child starts school, parents need to pack their kids bags and lunch boxes, need to organize transport to drop off and pick up their kids, ultimately feeling like the day is much more hectic. If you think this is hard for you, take a moment to think of how your child is feeling with all

the added traveling and the actual pressure of dealing with new surroundings.

If your child has been enrolled in a summer program or playgroup, then make sure that they either continue or enroll in something similar so that they don't feel like their whole life is changing. There is a sense of normalcy. They get at least some time to do what they already are comfortable doing like gym or playgroup; they get to interact with old friends and teachers alike. They get to do something that their bodies are already comfortable with, ensuring that they are spending time learning instead of spending the time getting comfortable with their surroundings. Emotionally this will ease pressure on your children as they will understand that not everything is new.

Just like adults, when children are pressured they tend to get moody and

anxious. Ensure that you as parents are able to understand when your child is feeling tense and help relieve their anxieties by taking the time to talk to them and understand their feelings. Just like adults who look for an outlet when they are stressed like going for a run or to the gym to release stress, children need that time too. Give your child the opportunity to run, jump, and roll their stress away. Your child will sleep better at night and you will sleep better knowing your child is relieved of anxieties and worry.

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