

## Stepping Stones for Success.

The 1<sup>st</sup> days of school can be stressful for all involved. We encourage you to follow our suggestions and participate fully in the planned agenda to ensure a happy and smooth transition for your child to school.

- You will influence your child's adjustment more than the teachers or school.
- It is important that you model the behaviors you wish your child to attain.
- Smile; check your body language and model confidence as you introduce your child to school/**independence**. Communicate your expectation of success and confidence in his/her ability to handle this step.
- Come to school and visit a class before your child's enrollment and be ready to get involved. Be prepared to use the equipment, follow the suggestions/directions of the teachers thus modeling your ease and confidence within BGMS.
- Acquaint your child with the procedures to be followed. Explain what will happen at drop off, during his day and at pick up. A big smile and words of encouragement go a long way at the critical moment of separation.
- If possible shorten days the first few days at school to help your children ease any anxiety regarding your return: *"I do get picked up/you do come back"*! Continue a shortened schedule for your child should difficult separations manifest as an issue or if your child is exceptionally anxious regarding your return.
- The observation window can be used with the help of the office staff who will secure the classroom door and alert you to step away if the group is coming into the hall or to prevent you from being spotted. We want to protect the children from distraction or confusion. Remember we will be working on establishing school routines. Help us stay consistent. Follow procedures.
- Your visits and participation in the Orientation activities will prepare you and your child for a comfortable adjustment to school.
- Communication with your child's teacher will further facilitate a positive and speedy adjustment. Call during nap time.