First day of school: The Do’s and Don’ts
Topics to be covered are

• School Separation Anxiety
• Tips on handling Anxiety
• 7 Things to do when a Teacher calls home
• Staying Motivated in School
Welcome to the first day to the start of your child’s life. As your child journeys along his / her life, so will you.

It is very important to remember this day because as parents/ guardians, we tend to lose steam along the way and when our children senses that we are no longer involved in their lives, that’s when they give up on their studies, themselves and go wayward.
Why or how are Separation Anxiety’s developed

• After an illness
• After a vacation
• Transition into a new environment
• When a child has been accustomed to being at home for sometime
Cut down on Anxiety by:

• Children pick up on your mood, try to remain positive even if you are anxious yourself

• Do not assume that the child is nervous by asking leading questions such as “Are you worried about starting school and being away from mommy?” Instead, focus on the exciting aspects of starting school.
Cut down on Anxiety by:

• Make sure your child knows where the important places are such as toilet, bookshop.

• Try to find common friends for your child. If you could get together with their families it would be great.

• Always prepare ahead so that your child doesn't get nervous about attending school.
Cut down on Anxiety by:

• Keep asking how his/her day has been. Keep the exciting on-going and school will be more fun than stress.

• Do not stay or return if your child cries. Let the teachers distract your child.

• Always be on time to pick up your child from or when the school bus comes. If a child believes that you will be there, they will adapt better.
Faces and Forms of Anxiety
Faces and Forms of Anxiety

• Fighting with you about getting dressed in the morning
• Refusing to make eye contact with or talk to the teacher
• Being overly clingy
• Throwing tantrums
So how can we handle Anxiety?

- Do a self check on your emotions. Are you tense? Are you apprehensive? Your child can sense your feelings. Try to project a positive attitude

- Talk to a child about what they may expect during a school day

- Allow a child to bring a small reminder of home to school to ease the anxiety
So how can we handle Anxiety?

- Be sure not to bribe or reward your child with a special activity or treat but feel free to talk about something special that they can look forward to after school such as riding a bicycle in the park, going to the library.

- Don’t prolong the goodbyes. 2 bear hugs. Say goodbye and mean it.
7 THINGS TO DO WHEN A TEACHER CALLS HOME
When a teacher calls...

It can be scary for both child and parent. So what can you do?

Take a **deep breath** and tackle the situation with these tips.
When the teacher calls...

1. Move to a more convenient place to talk

2. Don’t get defensive.
   - Being defensive or deflecting blame may be an instinctive reaction but butting heads with school staff can be unproductive as it can cause unnecessary tension with your child’s educator. Remind yourself that it's addressing a problem not attacking your parenting style.
When the teacher calls...

3. **Isolate what’s wrong**
   - Take the time to clarify with the teacher what the issue is before discussing the solution. By listening to the explanation will help you cool down as well as shed light on a possible solution.
4. Brainstorm the possible reasons for bad behaviour

– You know your child best so you are the best person to get to the root of the problem

– Think of possible changes such as home, marital issues and problems with eating or sleeping
5. Devise a plan to create change

- Once you get a full picture, ask the teacher what has been done and how you can help and make a plan together.

- Do listen to teachers if they have any suggestions as they do have ample experience in dealing with problems
6. Talk to your child
   - Ask how he sees the issue and listen to his opinion.
   - Take his story seriously
   - You may discover why he/she is misbehaving
   - Explain why his/her behaviour is unacceptable and how you won’t tolerate misbehaviour in school
7. **Consequences and confessions**
   - If your child admits that he/she has behaved badly, ensure that they apologise to those they have hurt and suffer the consequences.
   - Do thank your child if they come clean right away for being honest.
   - When they know you are concerned, they are more willing to change.
KEEPING THEM MOTIVATED
Encourage Learning by

- Reminding them what they learnt from school. E.g. counting money, telling time “Remember when you didn’t know how to count. Now you can.”
- Keep instilling that education is important and that Education is something that no one can take away from you.
Connect work with children’s interest

- It will be a challenge but it helps the children in the long run
- Find similarities with school work and the children's natural interest
Include schoolwork into everyday life

- Incorporate school topics into daily life subtly
- Ask them simple questions, quiz them on spelling in a fun way
- Keep them learning and thinking even during school breaks
Set up homework routines

- It's hard for working parents to be involved in their children's life. Set up a routine from day 1 and with less problems in the long run.
- Set TV/Computer time clearly and make sure that they finish their homework straight after school.
Parents should not be worried if they have limited education. Help your children with your own strengths.

Don’t worry about your skills
If ....

• If your child is having trouble at school, speak to a teacher.

• If you suspect that your child is having a learning disorder, get a diagnosis or a treatment plan as soon as possible. The longer this drags, the worse they get.