



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

CMHA Waterloo Wellington

Managing Emotions As Children Head Off To School

Kindergarten! ... here I come!



By: Cheryl L. Cruickshank, Social Development Consultant
Inclusion Support Services
March 10, 2017

This is what we hope will happen.



Our children are calm and ready to begin their school experience ...
...and parents are ready to support them as they go.

This is what we fear will happen.



Parent's fears and anxiety about this new adventure are often felt by their children. The children can then experience these fears when it is time to start to school.

We can set the stage for what is best for our children. How?

*We can breathe and also teach them how to breathe!!



*We can manage our fears and anxiety and practice being positive.



Talk with other parents.
These feelings are normal.
Parents are able to listen and support each other.



Trust that your children and their teachers are ready for this adventure. Trust that you have done a great job in preparing them.

*We can celebrate the beginning of a new stage of growth and development.



Your child and your family are starting a new chapter. September will be challenging but by October, you and your child will be managing the school routine and there will be many exciting experiences to share.

Pictures from Google Images

- Pg.1 <https://pittsburghkids.org/events/1150/2014/8/9>
- Pg.2 <http://www.greatschools.org/gk/articles/redshirting-kindergarten/>
- Pg.2 <http://www.sheknows.com/parenting/articles/1062275/helping-your->
- Pg.3 <http://www.cbsnews.com/pictures/9-secrets-to-keep-kids-safe-on-the-school-bus/>
- Pg.3 <https://pittsburghkids.org/events/1150/2014/8/9>
- Pg.4 <http://infinityhousemagazine.com/five-breathing-exercises-to-help-calm-your-body-and-mind/>
- Pg.4 http://treeofmin.blogspot.ca/2014_01_01_archive.html
- Pg.5 <http://www.fathers.com/s5-your-situation/>
- Pg.5 <http://www.christchurchdurham.org/whats-on>
- Pg.6 <http://www.whattoexpect.com/toddler/photo-gallery/ease-daycare-and-preschool-separation-anxiety.aspx>

Help Your Child Have a Happy Start in School

Your child is going to kindergarten.
A good start can help your child do well in school.

First: Register your child at your neighbourhood school.

Then: Please tell the school about your child.

Why tell the school about your child?

Learning can be hard when:

- a child has very strong feelings, or
- a child has difficult behaviours

When a school knows about a child, they can help the child learn.

You know your child best. Your school wants to work as a team with you. Your school wants to know about your child so the teacher and classroom will be ready to help your child learn.

What to tell the school about your child

Your school wants to know:

- what your child likes
- what your child can do
- what is hard for your child
- what your child needs
- who works with your child now

You decide what you will tell the school about your child.

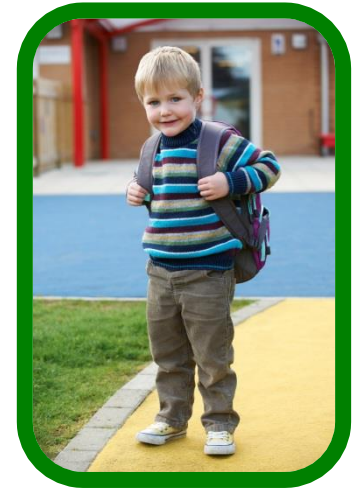
How to tell the school about your child

Talk to the principal in the spring or late summer:

- You can call or visit your school and talk to someone yourself.
- Someone who works with your child or family can help you talk to the school. For example:
 - Canadian Mental Health Association
 - KidsAbility
 - Wee Talk
 - Your child care program
 - Public Health
 - Family and Children's Services

Talk to the teacher in the fall:

- Share any new information about your child.
- You can help the teacher understand your child.





Who needs to know about your child?

People who will help your child at school need to know about your child.

People who may need to know about your child are:

- the Principal
- your child's Teacher
- your child's Early Childhood Educator,
- other people who will work with your child in school

How will the school help your child?

You and your school can plan together how to help your child.

Here are some ways a school might help children:

- invite a child to visit the Teacher, Early Childhood Educator, and classroom before school starts
- make a social story about going to school for a parent and child to look at together
- make a quiet place in the classroom where children can rest and calm down
- make a picture schedule to help a child know what will happen next
- prepare a child for changes that will happen soon
- give a child smaller steps or more time to do something
- teach a child safe choices
- teach a child how to take turns and get along with other children
- help a child talk about his or her feelings

Do you have questions? Do you know how to start?

Call or visit the principal at your school.

Talk to someone who works with your child or family.

Your school welcomes you and your child to kindergarten.