**First Day Jitters**

The first day jitters can be an anxious time for some children and for their parents too! They walk in a new room with all of these new kids and new grown ups with new things all around. It’s no wonder some kids might suddenly cling to their parents and begin to cry. Here are some tips for getting through the first few days

**Try to act confident yourself**

If you seem anxious and unsure about leaving your child, your child will pick up on that and wonder if there is really something to worry about.

**Be consistent with good byes**

We will greet your child and you can give hugs and kisses and say goodbye. We promise to welcome your child and help ease him/ her into the classroom.

**Make sure to say goodbye when you leave**

Trying to “sneak out” when the child is busy and not looking sometimes makes the children panic a few minutes later, and may make separation even more difficult the next day.

**Arrive on time**

It seems to be easier on most children if they arrive at a consistent time. This way they can enter the classroom with their friends. It can be much harder when they arrive after all of the other children have settled into activities.

**Separation problems sometimes show up on the second or third day**

Just when you thought you were getting off easy. It is also common for children to have difficulties when there are major changes in the home. Please let us know if there is anything happening at home that you think is important for us to be aware of.

We are parents ourselves and really do understand how hard this can be. We know that you are trusting us with a very precious gift, and we feel honored that we will be your child’s first teachers.

We are looking forward to a great year!