



## MAKING THE FIRST DAYS OF SCHOOL EASIER

- Remind your child that there are probably a lot of students who are uneasy about the first day of school. This may be at any age. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school. They'll see old friends and meet new ones. Refresh their positive memories about previous years, when they may have returned home after the first day with high spirits because they had a good time.
- Find another child in the neighborhood with whom your child can walk to school or ride on the bus with.
- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day.
- If you feel it is needed, drive your child (or walk with them) to school and pick them up on the first day.
- Arrange for your child to play with others in their age group before classes begin
- Talk to your child and encourage them to share their feelings about starting school and any concerns they may have.
- Talk to your child about their daily school schedule.
- Encourage your child to tell you any issues that are bothering them related to attending school (bullying, peer pressure, etc).

## TRAVELING TO AND FROM SCHOOL

### School Bus

- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.
- Remind your child to wait for the bus to stop before approaching it from the curb.
- Make sure your child walks where they can see the bus driver (which means the driver will be able to see them, too).
- Remind your child to look both ways to see that no other traffic is coming before crossing the street, just in case traffic does not stop as required.
- Your child should not move around on the bus.

### Bike

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright-colored clothing to increase visibility.
- Know the "rules of the road."

### Walking to School

- Identify other children in the neighborhood with whom your child can walk to school.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- If your children are young or are walking to a new school, walk with them the first week or until you are sure they know the route and can do it safely.