



Letting Go Can Be Hard for Parents

Parents, too, confront major milestones when their children enter kindergarten. It can be hard to face the fact that "my baby" is growing up. Many parents find it very difficult to "let go" those first days of school. They may even be remembering their own first days of separation from their own parents! No wonder there are so many teary-eyed mothers and fathers each year when school begins.

No matter how well things are going for your child at school, it can be very helpful to take the time to get to know your child's teacher and principal. Your child can sense when you're all working together "on the same team." If you have a good relationship with the teacher, you will probably feel more comfortable talking with him or her about your child's progress or special concerns.

Asking and Listening

As children deal with the different challenges of school, it can help them to know that we adults will gladly listen to what their day was like. Children need to know that their parents care about what happens at school and that their family is proud of the ways they're learning. There may be days, of course, when children won't want to talk at all about school, but if you've listened before, your child can trust that you will want to again when he or she is ready.

Share Your Own Experiences

Helping a child get ready for school often brings back feelings we adults had when we began school. No matter what those feelings are, if we can accept them truthfully and share them with our children, we can each have another important opportunity to grow. "I felt that way, too, when I was a child. Tell me more about what your day was like" is a wonderful way to begin to work on any new kind of growing.

"Parent Resources - Starting Kindergarten." 2013. 4 May. 2015 <<http://www.fredrogers.org/parents/first-experiences/kindergarten.php>>