



HOW TO PREPARE YOUR CHILDREN FOR THEIR FIRST DAY AT SCHOOL

'The summer vacation is over and it's time to go back to school!' This statement often brings mixed feelings of excitement and anxiety to our children. Their little worries about coping with change at the start of the new school year, whether these relate to new classmates, having new teachers or joining a new school, will require your attention and support. Thus, we selected the following simple tips to help you build their confidence and let them start the new school year with a positive outlook.

MAKE THEM LOOK FORWARD TO THEIR FIRST DAY AT SCHOOL



- **Break their fear barrier early on:** Simply have a chat with your child about school, and let them share their thoughts and feelings with you. One or two weeks before school starts, take them out to shop for school supplies, or even for a visit to the school, if possible. This will help them **prepare psychologically for forthcoming change**. Most importantly, make them trust that you will be there for them **at every step** and whenever they need you.

- **Brighten their first day with a reassuring smile:** Your children need your warm smile. **You are the first person they seek support from** when in need, as much as you are their source of strength. Anxiety is contagious, and you can easily transfer your own worries to your children once they sense them in you. So, keep up the good spirits, and give yourself and your children the chance to discuss what troubles them about school. Explain to them that their worries will dissipate once they know better, and that before they know it, they will have great times at school and make new friends.

- **Help your children focus their energy in the right direction:** This is achieved by finding time to have physical exercises or play sports together with your children, which will **feed their positive thinking and nurture optimism**. You may also ask them to join you in making their favourite meal and prepare the table for breakfast. Such family activities will help the children be in the best shape to start their first day at school, full of vitality and enthusiasm.

- **Having a quieter morning:** Have everything prepared before the first day of school in order to enjoy **a quiet and trouble-free morning**. Help them prepare their backpacks and lunchboxes, and don't rush them or be nervous; otherwise, you may spoil those beautiful moments.

- **Be supportive at all times:** Keep up your positive interaction with your children. Give them a big hug and keep in mind that this is a wonderful experience that may never be repeated. As a token of appreciation for you and all mothers for all the love and dedication you afford your children, Kinder decided to be part of your experience with your children, and provide you with the support you deserve by offering you **a wealth of information and valuable advice** covering various aspects of going back to school. You will find all these, along with answers to all of the questions you may have on the topic, on our website.

MORE THAN A SWEET REWARD



Kinder is more than a sweet reward for your children to enjoy during the day. It shares happy moments between mothers and their children, including the beginning of the school season, even when there were some difficult moments – after all, great memories are made of both sweet and sour moments in life. Thus, Kinder seeks to be a part of these memories by offering sufficient information about back-to-school on its website, in addition to exciting games and competitions for children, along with the chance for them to win fantastic prizes. Discover our offerings by clicking on this link.