

(or snazzy accessories if your child has to wear a uniform).

Whether their summer was jam-packed with activities or filled with complaints about being bored with nothing to do, kids often have a tough time making the back-to-school transition.

Battling the Butterflies

As with any new or potentially unsettling situation — like starting school for the first time or entering a new grade or new school — allow kids time to adjust. Remind them that everyone feels a little nervous about the first day of school and that it will all become an everyday routine in no time.

Emphasize the positive things about going back to school, such as hanging out with old friends, meeting new classmates, buying cool school supplies, getting involved in sports and other activities, and showing off the new duds

It's also important to talk to kids about what worries them and offer reassurance: Are they afraid they won't make new friends or get along with their teachers? Is the thought of schoolwork stressing them out? Are they worried about the bully from last year?

Consider adjusting your own schedule to make the transition smoother. If possible, it's especially beneficial for parents to be home at the end of the school day for the first week. But many working moms and dads just don't have that flexibility. Instead, try to arrange your evenings so you can give kids as much time as they need, especially during those first few days.

If your child is starting a new school, contact the school before the first day to arrange a visit. And ask if your child can be

paired up with another student, or "buddy," and if you can be connected with other new parents. This will help both of you with the adjustment to new people and surroundings. Some schools give kids maps to use until things become more familiar.

To help ease back-to-school butterflies, try to transition kids into a consistent school-night routine a few weeks before school starts. Also make sure that they:

- get enough sleep (establish a reasonable bedtime so that they'll be well-rested and ready to learn in the morning)
- eat a healthy breakfast (they're more alert and do better in school if they eat a good breakfast every day)
- write down the need-to-know info to help them remember details

such as their locker combination, what time classes and lunch start and end, their homeroom and classroom numbers, teachers' and/or bus drivers' names, etc.

- Use a wall calendar or personal planner to record when assignments are due, tests will be given, extracurricular practices and rehearsals will be held, etc.
- have them organize and set out what they need the night before (homework and books should be put in their backpacks by the door and clothes should be laid out in their bedrooms)

Although it's normal to be anxious in any new situation, a few kids

develop real physical symptoms, such as headaches or stomachaches, associated with the start of school. If you're concerned that your child's worries go beyond the normal back-to-school jitters, speak with your child's doctor, teacher, or school counselor.

Back-to-School To-Do's

Parents themselves can be a little nervous about the first day of school, especially if they're seeing their little one off for the first time or if their child will be attending a new school.

To help make going to school a little easier on everyone, here's a handy checklist:

What to wear, bring, and eat:

- Does the school have a dress code? Are there certain things they can't wear?

- Will kids need a change of clothes for PE or art class?
- Do your kids have a safe back pack that's lightweight, with two wide, padded shoulder straps, a waist belt, a padded back, and multiple compartments?
- Do kids know not to overload their backpacks and to stow them safely at home and school?
- Will your kids buy lunch at school or bring it from home? If they buy a school lunch, how much will it cost per day or per week? Do you have a weekly or monthly menu of what will be served?
- Have you stocked up on all of the necessary school supplies? (Letting

kids pick out a new lunchbox and a set of pens, pencils, binders, etc., helps get them geared up for going back to school.)

Medical issues:

Have your kids received all necessary immunizations?

- Have you filled out any forms that the school has sent home, such as emergency contact and health information forms?
- Do the school nurse and teachers know about any medical conditions your child may have, particularly food allergies, asthma, diabetes, and any other conditions that may need to be managed during the school day?

Have you made arrangements with the school nurse to administer any medications your child might need?

Do the teachers know about any conditions that may affect how your child learns? For example, kids with attention deficit hyperactivity disorder (ADHD) should be seated in the front of the room, and a child with vision problems should sit near the board.

Transportation and safety:

Do you know what time school starts and how your kids will get there?

- If they're riding the bus, do you know where the bus stop is and what time they'll be picked up and dropped off?
- Do you know where the school's designated drop-

off and pick-up area is?

- Are there any regulations on bicycles or other vehicles, such as scooters?

Have you gone over traffic safety information, stressing the importance of crossing at the crosswalk (never between parked cars or in front of the school bus), waiting for the bus to stop before approaching it, and understanding traffic signals and signs?

If your child walks or bikes to school, have you mapped out a safe route? Does your child understand that it's never OK to accept rides, candy, or any other type of invitation from strangers?

What About After School?

Figuring out where kids will go after school can be a challenge, especially if both parents work. Depending on a child's age and maturity, you

may need to arrange for after-school transportation and care.

It's important for younger kids and preteens to have some sort of supervision from a responsible adult. If you can't be there as soon as school's out, ask a reliable, responsible relative, friend, or neighbor to help out. If they're to be picked up after school, make sure your kids know where to meet you or another caregiver.

Although it might seem like kids who are approaching adolescence are becoming mature enough to start watching themselves after school, even kids as old as 11 or 12 may not be ready to be left alone.

If your kids or teens are home alone in the afternoons, it's important to establish clear rules:

Set a time when they're expected to arrive home from school.

Have them check in with you or a neighbor as soon as they get home.

Specify who, if anyone at all, is allowed in your home when you're not there.

Make sure they know to **never** open the door for strangers.

Make sure they know what to do in an emergency.

To ensure that kids are safe and entertained after school, look into after-school programs. Some are run by private businesses; others are organized by the schools themselves, places of worship, police athletic leagues, YMCAs, community and youth centers, and parks and recreation departments.

Getting involved in after-school activities:

- offers kids a productive alternative to watching TV or

- playing video games
- provides some adult supervision when parents can't be around after school
- helps develop kids' interests and talents
- introduces kids to new people and helps them develop their social skills
- gives kids a feeling of involvement
- keeps kids out of trouble

Be sure to look into the child-staff ratio at any after-school program (in other words, make sure that there are enough adults per child) and that the facilities are safe, indoors and out. And kids should know when and who will pick them up when school lets out and when the after-school program ends.

Also, make sure after-school commitments allow kids enough time to complete school

assignments. Keep an eye on their schedules to make sure there's enough time for both schoolwork and home life

Helping Homework

Love it or hate it, homework is a very important part of school.

To help kids get back into the scholastic swing of things:

Make sure there's a quiet place that's free of distractions to do homework.

Don't let kids watch TV when doing homework or studying. Set rules for when homework and studying need to be done, and when the TV can be turned on and should be turned off. The less TV, the better, especially on school nights.

If your kids are involved in social media, be sure to limit the time spent on these activities during homework time.

Keep text messaging to a minimum to avoid frequent interruptions.

Never do their homework or projects yourself.

Instead, make it clear that you're always available to help or answer any questions.

Review homework assignments nightly, not necessarily to check up, but to make sure they understand everything.

Encourage kids to:

- develop good work habits from the get-go, like taking notes, writing down assignments, and turning in homework on time
- take their time with schoolwork
- ask the teacher if they don't understand something
- To ensure kids get the most out of school, maintain an open channel

of communication with the teachers by e-mailing or talking with them throughout the school year to discuss your kids' academic strengths as well as weaknesses.

Most of all, whether it's the first day of school or the last, make sure your kids know you're there to listen to their feelings and concerns, and that you don't expect perfection — only that they try their best.

Reviewed by: [Kate M. Cronan, MD](#)

Date reviewed: September 2010

Helping Your Child Adjust to Preschool

Preschool offers many benefits — it can be a great place for kids to interact with peers and learn valuable life lessons such as how to share, take turns, and follow rules. It also can prepare them for kindergarten and beyond.

But going to preschool does come with its fair share of emotions, for both the parent and the child. For a kid, entering a new preschool environment filled with unfamiliar teachers and kids can cause both anxiety and anticipation. Parents might have mixed emotions about whether their child is ready for preschool.

The more comfortable you are about your decision and the more familiar the setting can be made for your child, the fewer problems you — and your little one — will encounter.

Easing Your Child's Fears

Spend time talking with your child about preschool even before it starts. Before the first day, gradually introduce your child to activities that often take place in a classroom. A child accustomed to scribbling with paper and crayons at home, for example, will find it comforting to

discover the same crayons and paper in his or her preschool classroom.

Visiting your child's first preschool classroom a few times before school starts can also ease the entrance into unfamiliar territory. This offers the opportunity to not only meet [your child's teacher](#) and ask about routines and common activities, but to then introduce some of those routines and activities at home.

While you're in the classroom, let your child explore and observe the class and choose whether to interact with other kids. The idea is to familiarize your child with the classroom and to let him or her get comfortable.

You can also ask how the teacher handles the first tear-filled days. How will the first week be structured to make the transition smooth for your child?

While acknowledging this important step your child is taking and providing support, too much emphasis on the change could make any anxiety worse. Young kids can pick up on their parents' nonverbal cues. When parents feel guilty or worried about leaving their child at school, the kids will probably sense that.

The more calm and assured you are about your choice to send your child to preschool, the more confident your child will be

The First Day

When you enter the classroom on the first day, calmly reintroduce the teacher to your child, then step back to allow the teacher to begin forming a relationship with your child. Your endorsement of the teacher will show your child that he or she will be happy and safe in the teacher's care.

If your child clings to you or refuses to participate in the class, don't get upset — this may only upset your child more. Suggestions for leaving kids at preschool are simple but can be hard on a parent. Always say a loving goodbye to your child, but once you do, you should leave promptly. Never sneak out. As tempting as it may be, leaving without saying goodbye may make kids feel abandoned, whereas a long farewell scene might only serve to reinforce a child's sense that preschool is a bad place.

A consistent and predictable farewell ritual can make leaving easier. Some parents wave from outside a certain classroom window or make a funny goodbye face, whereas others read a short book before parting. Transitional objects — a family picture, a special doll, or a favorite blanket — can also help comfort a child. Also, keep in mind that

most kids do well once their parents leave.

Whether your child is eager or reluctant to go to preschool, make sure that a school staff member is ready to help with the transfer from your care to the classroom when you arrive in the morning. Some kids may jump right in with their classmates, whereas others might want a private cuddle and a story from a caregiver before joining the group.

Many preschools begin with a daily ritual, such as circle time (when teachers and children talk about what they did the day before and the activities that are ahead for the day). Preschoolers tend to respond to this kind of predictability, and following a routine will help ease the move from home to school.

Reviewed by: [D'Arcy Lyness, PhD](#)

Date reviewed: November 2010 [Back](#)



Preschool

The quality of our preschool program is paramount here at The Nannies. Professional oversight is provided to each child/class and maintained daily. We ensure each class has a well integrated program with a language playground to promote proficiency in the children's language skills. We also facilitate the development of the child's concentration abilities to help acquire a self-image as that of an independent person.

We ensure that the child gains the primary concepts of set, mapping, number, and order through constant manipulation of the material. We encourage and develop a gradual progression of skills by the perception of differences, perception and similarities, and the ability to use complex matching skills. The Nannies encourage the use of large motor skill, the ability to listen and to follow instructions, developing patience and enjoy group participation and gracefully accept defeat.

Vickie and I assume the overall function of the Center, supervising staff, designing curriculum and assist in administering the programs. We ensure services are provided for the children within the center's statement of purposes and objectives. We also ensure your

child's safety and protection. We believe the purpose of the nannies preschool is to be creative, courageous innovators in the delivery and promotion of quality educational services in the moral, intellectual and physical development of children; providing activities that will render care, supervision and guidance and thereby benefit the child, the parent and the community.

Preschool begins Tuesday September 6, 2011 and continues until the middle of May 2012.



Kindergarteners for 2011 - 2012 School year.

The children appear to be really enjoying their summer session; however, everything comes to end at some point. With only a few weeks until school begins we would like to touch base with you again in regards to your plans for your child this school year. Each year we have numerous calls from parents inquiring about our school program. Since we try to cater to our current parents, we need to know how many children will continue attending the Center this fall. This information will



help us route vans and know if we can accommodate children who do not attend at this time. We have some "new" schoolers (kindergartners) so we need to review things that are specific to children in school. If your child rides the bus: the first week or so of school, we assign an older child to your kindergartner to assure they get on and off of the bus at the right place. This seems to work really well.

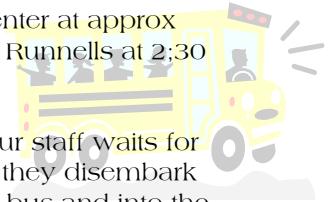
If your child attends Four Mile Elementary the bus picks the children up at approx. 8:20 am at the entrance of the Center's parking lot.



If your child attends Delaware, Willowbrook, Altoona or Clay Elementary the bus picks the children up at approx. 7:55 am Runnells at 8:00 am.

Our staff attends to the children while they wait for the bus.

Every Wednesday the children of Four Mile get out of school at 1:55 pm and return to the entrance of our parking lot at approx. 2:00 pm. Willowbrook, Centennial, Altoona, Clay and Delaware schools return to the Center at approx 2:15 pm. Runnells at 2:30 pm.



Again, our staff waits for them as they disembark from the bus and into the building.

On Monday, Tuesday, Thursday, and Friday children will return from school at approximately 4:00 pm

If your child attends Pleasant Hill, our staff will take your child(ren) to and from school in one of our vans. All vans have appropriate restraint systems in place. We will immediately notify you if your child is not available to be picked up by our van or is not delivered by the bus after school.

Please continue to use the Schooler's (Hornets) communication sheet located under the bulletin board in the main lobby for any communication you need to convey to your child's before or after school teacher. This communication sheet is reserved for school aged children only. Our teacher's will initial the sheet after they read it to let you know they read it.

The rate for the before and after school program is \$75.00/wk/child. This rate includes an after school snack, transportation to and from school and a "spot" at the Center for various reasons, such as no school day or days when the children get out of school early. If the children do not have school on a particular day there is an additional \$35.00 drop in charge. We post "sign up sheets" for scheduled "no school days" on the Hornet's Bulletin Board to assist us with staffing and food

prep. If you sign your school age child up you must prepay for the day. If there is more than one day of "no school", your rate never exceeds the weekly rate of \$110.00/wk. The rate for before and after school is \$55.00/wk/child. If you request your child to come during breaks only, you will need to call well before each break to check if there is an opening available. To ensure your child's fall reservation, you will need to complete and return the registration form (Those have been provided to you in your child's cubby.)

Preschool 2011-2012.

Just a reminder that The Nannies Unlimited Child Center and Preschool Inc. preschool program begins the **first Tuesday after Labor Day, September 6, 2011 and continues through until the middle of May 2012.**

Classes will be held Monday through Friday 8:30 am until 11:00 am.

Children who turn three years of age **PRIOR** to September 15, will participate in our "Ladybug" preschool program and those

children who have turned the age of four **PRIOR** to September 15, will participate in our "Firefly" preschool program.

The Preschool Teachers will make the children's room changes on Tuesday August 23, 2011.

Parents, when picking your child up from daycare this day, please go to their **new assigned** room. The Ladybug room is located in the lower level of the preschool building and the Fireflies are located on the main floor in the preschool building. **On Wednesday August 24, 2011 parents may begin taking their "preschooler" to their appropriate room.**



Preschool Supplies:

One of our goals here at The Nannies is to help parents decrease stress levels thereby allowing them an increase in quality time spent with their children. One of the

ways we are attempting to decrease stress and ensure each student has the appropriate materials necessary to be organized and ready to learn, The Nannies Unlimited Child Center and Preschool Inc. will again purchase all preschool supplies necessary for students in the **Ladybug** (3-4 year old room and the **Fireflies** (4-5 year old room) **The cost of this supply packet is \$20.00 per preschooler.** Please make your payment **PRIOR to Friday July 29, 2010.** This will allow us time to formulate the supplies in time for the first day of preschool. You may include this payment with your weekly tuition. Please make note that you have included this with your payment.



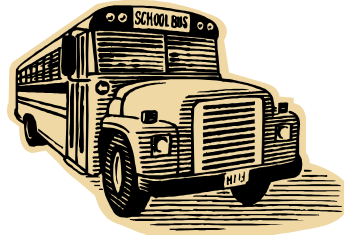
Annual Re-Registration Fees are Due!

It's that time of year again when your **\$35.00/child annual re-registration fee is due.** You can submit those payments along with your weekly tuition. **These fees will be due by Friday July 29, 2011.**



We would like to tell our parent's and family members how much we appreciate them. You are very special and we thank you for sharing your children with us. It is our privilege to get to know each of you and watch your children develop and grow physically, developmentally and emotionally. Your generosity and support has been overwhelming since we opened our doors. Your continued donations are wonderful and the children use those items daily.

If we have forgotten to properly thank you please forgive us, it is not our intention to exclude anyone.



Policy Reminders:

Children must be signed in and out by their parents and escorted to their assigned room when arriving and leaving the Center. (Please do not allow your children to write on the sign in record, parents only!)

Parents if your child is not going to attend the Center for the day, please notify us prior to 8:00 am so we may adjust our staffing and meals accordingly.

Weekly tuitions continue to be due Monday for the week your child is attending. There are late fees assessed after Monday at 5:30 pm. Please include a \$10.00 late fee on Tuesday if you did not remit payment on Monday.

If your child will be attending elementary school this year (2011-2012), please remember to sign in on the "Hornet" communication sheet located east of the coffee maker in the front lobby.

The Center opens our doors at 6:00 am if you should arrive prior to this time and our doors are unlocked; please stay with your child until 6:00 am. Our staff needs a few minutes to gather supplies to ready themselves for the day.

Watch for our regular newsletter October 2011.

The man who can drive himself further once the effort gets painful is the one who will win.

Roger Bannister