

JANUARY 2019

Welcome to



[WWW.ISD728.ORG/KINDERGARTEN](http://WWW.ISD728.ORG/KINDERGARTEN)

KINDERGARTEN READINESS SKILL

## SEPARATES EASILY FROM PARENT

As you prepare to drop your child off at school in the Fall, try these strategies to help your child cope with separation anxiety:

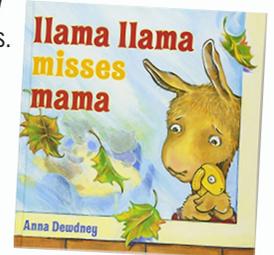
- Start with a warm-up. Bring your child to visit the school before the first day. Comforted by parental presence, your child will feel free to explore the classroom and check out the toys. This is also a great time to ask about the first day routine and chat with the teacher about the typical schedule.
- Create a goodbye ritual. Creating a specific goodbye ritual prior to the first day of school can ease some of the anxiety about that final goodbye. Try one (or more) of these ideas:
  - Develop a special handshake or special wave.
  - Hug, kiss, high five and goodbye!
  - Tuck a transitional object (i.e. a wishing stone, a small photo or a special charm) in your child's backpack and fill it with love before you drop your child each day.
- Send positive signals. While it might be tempting to sneak out the moment your child is distracted, this can actually cause stress for your child later in the day. Acknowledge your child's feelings and normalize their worries. It's perfectly natural to feel a little bit scared, and a little bit of empathy can help your child feel safe and understood.



- Watch your body language as you say goodbye. You might feel sad, but you want your child to feel safe and secure in this new fun environment. Stand up straight and smile for your little one to model a cheerful goodbye!
- Stick to a routine. Children are at their best when they have plenty of rest, eat a nutritious breakfast and don't feel rushed.
  - Prepack lunches or snacks the night before to save time in the morning.
  - Wake up twenty minutes before your kids to factor in extra time for you.
  - Have shoes, socks and backpacks waiting by the door at night.

Preschoolers love to read and there are several great books to help prepare kids for preschool. Anna Dewdney's *Llama Llama Misses Mama* and Audrey Penn's *The Kissing Hand* help ease the transition and normalize the process of separation for little ones.

The Kindergarten year provides a great foundation and kids have a lot of fun during this first school experience. Once you get over that first hurdle of saying goodbye, you will see your child grow and learn in leaps and bounds!



## HELPING CHILDREN WITH FEELINGS AND EMOTIONS

Children experience many different types of emotions. It can be a challenge for them to express how they feel or even recognize how someone else may be feeling. In the preschool classroom, we do many different interventions to help children identify and cope with their feelings. When it comes to the feeling of anger, we have introduced the Turtle Technique. We present to the children, “Tucker.” Tucker is a puppet that also has a story, which we can read aloud. The story talks about when Tucker used to get mad, he would yell, kick, and sometimes hit. Tucker’s friends did not like it when he did those things. Tucker then found a better way to deal with his anger, the Turtle Technique. Tucker would stop what he was doing, tuck into his shell, take three deep breaths, and come out with a solution or a better way to do things. We often read the story, practice the technique and use Tucker for a guide. The children who would get frustrated or mad began to use this technique. Some children would just get Tucker to hold and help calm them down. Since the introduction of TACSEI (Technical Assistance Center on Social Emotional Intervention ([www.challengingbehavior.org](http://www.challengingbehavior.org)) in the classroom, we talk more about our feelings. We post pictures of all different types of feelings throughout the room, not just the happy faces, but the sad or mad faces too. Feeling charts have been used for children to help identify and show the adults in the room how they are feeling if they do not have the words to express themselves. We teach the children feeling words such as confused, excited, disappointed, silly, surprised, proud, calm, curious, uncomfortable and relieved to help them label and identify many different types of feelings beyond the basic mad, sad and happy. The article, *Teaching Your Child to Identify and Express Emotions, The Center on the Social and Emotional Foundations for Early Learning* states, “Sometimes children express their emotions in ways that are problematic.” Your child might cry when frustrated or throw toys when angry. Here are some different ways you can teach your child to act on feelings:



- Ask for help
- Solve problems with words
- Say it, don’t do it (say “I am mad” instead of throwing toys)
- Tell a grown-up
- Take a deep breath
- Describe what you are feeling
- Think of a different way to do it
- Relax and try again
- Walk away
- Ask for a hug

For more information on helping children with emotions and the Tucker Turtle Technique, please visit [www.isd728.org/TuckerTurtle](http://www.isd728.org/TuckerTurtle).

## HAVE YOU REGISTERED YOUR CHILD?

Kindergarten registration is now open for the 2019-2020 school year! Visit our online registration portal at [www.isd728.org/register](http://www.isd728.org/register). The process is quick and convenient! If you need any technical assistance in completing your registration, or access to a computer, please contact the ISD 728 Welcome Center at 763-241-3536 or [welcomecenter@isd728.org](mailto:welcomecenter@isd728.org).

**ISD 728** INDEPENDENT SCHOOL DISTRICT 728

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Our mission is to **educate**,  
**inspire** and **empower!**



**KINDERGARTEN**

The Adventure Starts Here!

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