

WHAT TO BRING ON YOUR FIRST DAY

Please label ALL items with your student's first and last initial. Sharpies may work, but washable, removable labels can be purchased from several online vendors. If you would like a recommendation, come see the front desk! Our lost and found gets full of great clothing and items that are not labeled, so please make sure your items don't end up there!


- Two changes of clothes (in case of spills or accidents).
- Prescription medications with usage instructions, if needed (must be in the original container).
- A small crib-sized blanket and/or small pillow for quiet time on rest cots. You are responsible for taking home these nap items to launder once a week.

Exception: If your child is in K-Prep (Chickadees, Penguins, or Parakeets), bringing nap items is optional for their recharge time. Kindergarten and 1st Grade do not have a nap or recharge time.

- If your child has unique dietary needs or food allergies, we ask that you send them to school with their snacks and lunch to ensure your child's safety and well-being. If your student does not have dietary restrictions, we will provide lunch and snacks. Our monthly menu can be found at the front desk or on our website (www.daybreakacademy.com).
- If your student is not fully potty trained, you should also bring one week's supply of diapers, wipes, and any ointments you use (these items need to be labeled).



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Separation Anxiety

TIPS FOR NEW STUDENTS

We want to assure you that separation anxiety in children is indeed normal. It is a common part of child development; separation anxiety is a sign that your child has formed a healthy attachment to you. Children may become upset or anxious when separated from their primary caregivers during this stage. They may cry, cling to you, or express distress when you leave. Gradual exposure to short separations and establishing routines can help them develop confidence and coping skills. Remember, each child is unique, and the duration and intensity of separation anxiety can vary.

- **Have conversations with your child(ren).** By discussing the transition beforehand, parents can help children understand what to expect, address any concerns or fears, and build positive anticipation for the new experience. This dialogue allows children to ask questions, express their emotions, and receive reassurance and support from their parents. Talk about the exciting aspects of school, such as: making new friends, learning new things, routine, drop-off process, and engaging in fun activities. By talking and learning about feelings, children gain a better understanding of their own emotional experiences and those of others. When children can articulate their emotions, they can better identify and regulate their feelings healthily. They also feel empowered, resilient and maintain positive mental well-being.
- **Prolonged Goodbyes-** Prolonged goodbyes during school drop-off can harm children. While it is natural for parents to want to ease the distress, lingering goodbyes can unintentionally reinforce a sense of anxiety, send mixed messages, and make them reluctant to separate. It is important to establish a clear and consistent goodbye routine that is brief but reassuring.
- **Ask for help, if needed-** When faced with a tearful child during school drop-off, it is acceptable and beneficial to ask teachers and staff for help. Communicating your concerns and seeking assistance will make the transition smoother for your child. They may suggest activities or routines to distract and engage your child during this tough time. Creating a collaborative environment that promotes your child's emotional well-being helps them feel more secure and supported during drop-offs.
- **Drop-off Routine-** Routine benefits children as it provides them with a sense of stability, structure, and predictability. It fosters discipline and self-control as they learn to follow a schedule and complete tasks regularly. A well-established routine offers a supportive framework that promotes a child's emotional well-being, cognitive development, and growth. It is helpful to have a goodbye ritual, such as a wave or blowing a kiss. Creating a consistent routine with a special goodbye ritual provides comfort and predictability for the child and the family. Goodbye routines help children learn that goodbyes are temporary and that their parents will return.
- **Book Recommendation-** The Kissing Hand by Audrey Penn- This book effectively addresses and eases children's anxiety. The story revolves around a raccoon named Chester, who is nervous about his first school day. To reassure him, Chester's mother shares a special family tradition- The Kissing Hand. This involves Chester's mother kissing the palm of Chester's hand, which he can hold onto whenever he feels scared or lonely. This is a relatable, simple, and symbolic gesture that can be replicated in real-life situations, providing comfort and support to children when they need it most.