

Tips for Parents: The First Day of School

The first day of school is often a stressful time. Kids may be fearful about meeting classmates and the teacher, but be excited about wearing their new clothes or using their new supplies. Parents worry about their children's safety and whether they will fit in. Prepare yourself and your child for the first day of school by checking out these resources:

Books for Kids

- *Mouse's First Day of School* by Lauren Thompson (Author), Buket Erdogan (Illustrator), Simon & Schuster Children's Publishing; 1ST edition
- *Emily's First 100 Days of School* by Rosemary Wells, Hyperion; Reprint edition (September 1, 2005)
- *Clifford's First School Day* by Norman Bridwell, Cartwheel (August 1, 1999)
- *First Day Jitters* by Julie Danneberg (Author), Judith Dufour Love (Illustrator), Charlesbridge Publishing (March 2000)

Videos for You

- *Getting Parents Ready for Kindergarten!!* IOX Assessment Associates, 27170 SW Boberg Rd. Suite. 1, Wilsonville, OR, 97070-9205, <http://ioxassessment.com>

Web Resources

- http://www.kidshealth.org/kid/feeling/school/back_to_school.html
- <http://school.familyeducation.com/back-to-school/anxiety/38785.html>

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