

School Anxiety

Many children are happy to go to school or daycare: They know they can play with others, explore new games and master new learning. Their adaptation is relatively easy and smooth. For others, however, this detachment from the family environment or daycare already known is a tear.

Fear of abandonment

For the little ones who come to the center, it is mainly the fear of being abandoned playing. This from a young age, this fear gradually subsides as children develop a sense of personal security. But this process varies, some can feel safe after two years, while for others, it takes four or five years or even more.

What should I do to help? Usually, we tend to reassure, to reason or distract, so that these children have a rather large need to be understood. The most effective approach, and the most challenging for parents and educators, it must be said, is to put into words what children feel, even and especially when they are very young.

Thus, we can say, "You want Mom or Dad is always with you. You do not like it when Mom or Dad goes to work and leaves you with your teacher. You do not even know, your teacher, and it scares you. You may be afraid that Mom or Dad do not get you back. "Well, the chunk is out! It remains to conclude by saying, "Mom and Dad always come back. "It is likely that the first reaction of the child will cry more. One might think that turned the knife in the wound unnecessarily. In reality, the abscess burst and it does not come without pain. However, shortly after, in most cases, children feel better.

This is the most important, but other little things can ease the transition. First, despite the heartbreak, it is clearly preferable that children see their parents leave. If we leave in a hurry, we may believe our little lost for good and it will feel really abandoned. Better to say goodbye, indicating the time of return based on a particular time of routine care. For example: "Mom or Dad will come back after snack in the afternoon. "You can also leave a personal item" hostage" scarf, key rings, etc.

It is also very important to clearly tell his teacher saying, "She will take care of you until I get back. "So it will not feel abandoned in a corner, no one to care for him. Although it is not yet certain to be able to trust this stranger, that his parents giving him reassures them.

We take this opportunity to inform the teacher of any special situation: single parent or shared parenting, new baby in the family, previous experiences of care, etc.. Parents of foreign origin can also learn some basic words to the teacher so she could say hello and reassure the child in his mother tongue.

Fear of the unknown

For large, entering kindergarten or first grade, fear of abandonment is generally strong hands, especially if they have already had the experience of a daycare. At this stage, it is more worried about the unknown. Everything is new: friends we do not know, a professor may be severe to tame different activities, demanding a new, more rigid schedule, possibly as a school bus or daycare post school, not to mention the class and the school itself, so great.

The feeling become small in this big world is scary. Especially the expectations of the environment are also great, as is the challenge that many children are needed to themselves. Now they will have to manage to be on time, find the class-and-toilet without getting lost in the corridors, store and carry their school supplies, their clothes, a lunch box without forgetting anything, do their homework first and lesson ... All this only as a great!

What should I do to help? Again, the important thing is to express discomfort. However, it is easy to verbalize hands instead of children as for younger, because the causes of anxiety are more varied. Suggest a better overall feeling and let everyone find where the problem lies. We can say for example: "There is a lot of change in your life with your new school. Maybe some things you worry?"

To minimize the unknown feeling, it is also good to bring the child to visit the school in advance, may also meet his future teacher. And why not to point out everything he is already capable, "said his address, write his name, tell stories, ask questions and even find answers! Foster contacts with friends who go to the same school and older who are already attending can also help the child feel less alone.

In short, the back, especially the first, but the following in their own way, this is a great moment, a great challenge in the lives of our children.

