

# SPES Parent Resources

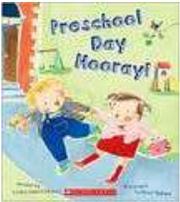
## ~ Books Can Ease First Day Jitters ~

*If your little one is starting school soon, there are quite a few things you can do to help your child prepare for that all-important first day. A great way to introduce the idea of school to your child is by reading books. With comforting words and vibrant pictures, these "starting school" books do a great job of easing any anxiety your child may have. And the great part is, you can read them again and again -- as often as your child likes.*

A few helpful tips when reading with your child:

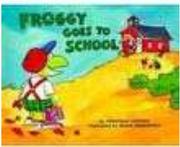
- Preview the book to become familiar with the characters and storyline.
- Help your child label the feelings of the characters in the story.
- Extend the discussion by using open-ended questions, such as *'What did the character seem worried about in school?'* and *'What helped him/ her feel better?'*
- Affirm that transition is not always easy:
  - It can sometimes feel scary and exciting.
  - There is much to be proud of as you transition and grow.
  - Other children and even adults have similar feelings.
- Respond to your child's questions but allow them to take a conversational lead.
- Invite your child to draw about what he/she wants to do in the new school setting.

### Preschool Day Hooray



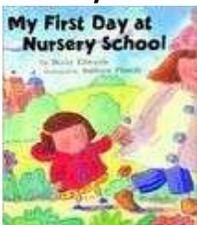
If you are excited and enthusiastic about your child starting school, your little one is likely to follow suit. This title by Linda Leopold Strauss and illustrated by Hiroe Nakata paints preschool as a fun place, one where there is lots to do and friends to be made. The rhyming text is simple, but gets the message across clearly, and the pictures are bright, colorful and cheerful -- preschool as a great place to be and you are really going to like it here!

### Froggy Goes to School

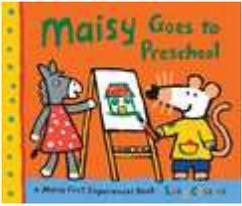
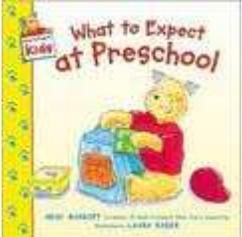
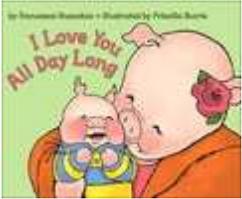
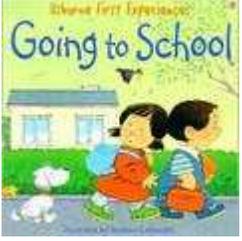


Froggy starts his first day of school, only to find he is clad only in underwear on the school bus and that his teacher is his dad! Good thing it was only a dream. When he starts school for real, things go much better, but a surprise ending is sure to make everyone smile. Froggy is a relatable character, and his nerves and worries will hit home with young children. A lighthearted look at the first day of school by Jonathan London and illustrated by Frank Remkiewicz.

### My First Day at Nursery School



Sometimes you get to preschool and you aren't sure if you like what you see. That's what happens to the girl in this offering by Becky Edwards and illustrated by Anthony Flintoft. There's lots going on in the classroom so she hangs back a bit, but after a while can't help but get involved with the painting, dancing and singing that the other children are doing. This is a great title for someone who is a little more reluctant, illustrating that it's OK to be nervous and that preschool will turn out just fine.

<p><b>Maisy Goes to Preschool</b></p> 	<p>Often, a familiar face is all a little one needs to get them to take that first important step inside the preschool classroom. This book features Maisy, the popular character created by Lucy Cousins, as she spends the day painting, playing and making music. This book features a main character who is confident and happy about going to school and sets a good example right from the start.</p>
<p><b>What to Expect in Preschool</b></p> 	<p>Most people hear the words "What to Expect" and automatically think of the popular book about pregnancy by Heidi Murkoff. But the series also incorporates some titles for kids, including this one about starting preschool, also by Murkoff and illustrated by Laura Rader. The book is written in a question and answer format and features a central character, Angus the Answer Dog who addresses basic queries about starting school, including what a teacher does and what you can find in a preschool classroom. Reassuring and factually-based, this is a great primer for those children who need more than a fictional story, but specific pieces of information that they can apply to their own scenario.</p>
<p><b>I Love You All Day Long</b></p> 	<p>For Owen, it's not starting preschool that has him worried -- it's being away from his mommy. But he doesn't need to fret, as he learns in this sweet story by Francesca Rusackas and illustrated by Priscilla Burris. Owen's mom tells him how she will "love him all day long" while they are apart as he makes new friends and even waits on line for the bathroom. For kids who experience separation anxiety this book does a good job of reassuring little ones that the love of a parent is always present.</p>
<p><b>Going to School</b></p> 	<p>Part of the "First Experiences" series, this book by Anne Civardi and illustrated by Stephen Cartwright features a set of twins as they begin their first day of school. A nice, basic look at a preschool classroom, it simply describes through words and pictures what kids can expect.</p>
<p><b>Friends at School</b></p> 	<p>This book by Rochelle Bunnett with photographs by Matt Brown is a visual collage of children going to school and participating in different activities there. Featuring kids of different abilities, it's a great way to introduce diversity to your child on a simple level.</p>

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