

HOW TO HELP

A CHILD WHO IS

ANXIOUS

ABOUT STARTING SCHOOL



LISTEN

and ask questions.
Determine why he doesn't
want to go to school.



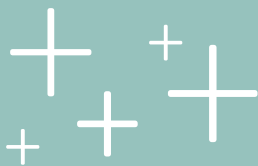
SHARE

about times that you
were anxious and
how you overcame it.



REMIND

her of times when
she was anxious and
got through it.



COACH

her to list and focus on
the positives. Prod with
questions if necessary.



VISIT

his school, the playground,
his teacher and/or
classroom.



CONNECT

your child socially with
other peers outside
of school.



PRAY

with your child.
Remind her that God is
with her.



MONITOR

your own anxiety.
Don't let it rub off on
your child.



COMMUNICATE

frequently with your
child's teacher and/or
school counselor.