

Handling School Change

Here are some tips and resources to help you address school change as parents or with your child(ren):

1. It is normal for both you and your child to be anxious about entering a new school, but if you have concerns, please don't express them to your child. Express new challenges.
2. Get involved with your child's new school. Attend PTO meetings and school events, and volunteer, if possible. This is a good way to feel connected with your child's new school and will help reduce anxieties.

Here are some books that can assist you if your child expresses anxiety about his/her new school:

Wemberly Worried By Kevin Henkes
1st day of school worries

Vera's New School By Vera Rosenberry
1st day of a new school

Back to School Tortoise By Lucy M. George
School worries and positive possibilities

The Kid in the Red Jacket By Barbara Park

Allie Finkies Rules for Girls By Meg Cabot

Amber Brown is Not a Crayon By Paula Danzinger
Ages 7-9

Jack Adrift: 4th Grade Without a Clue By Jack Gantos
Ages 9-12

My Best Friend Moved Away By Nancy C. Carlson
Ages 5-8

My Name is Maria Isabel By Alma Flor Ada
Ages 7-10

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