



Welcome to Rising Star Learning Academy and Development Center! This will be an exciting milestone in your child's life. Your child is embarking on a journey that will lead them on many roads of discovery and learning. As wonderful as this new experience may be, it can also be quite stressful for the young child. New situations and changes can, at times, be unsettling for all of us. For many children this may be their first experience of separation from parents at home.

It is common for even the most outgoing child to be anxious. We have provided a few suggestions for assisting your child during this time. Prepare your child for this new experience by explaining what to expect. Answer all questions directly and honestly.

- Convey a positive attitude. Young children are aware of your feelings. Your enthusiasm will assure the child that this program will be a fun and exciting experience.
- Establish a routine involving both the night before a school day as well as morning preparation. Rituals and routines will add predictability and are comforting in unfamiliar situations.
- Bring something from home. This is acceptable and often reassuring in helping the child with initial adjustment to a new environment. This item may be a treasured blanket or even a photo from home.
- Clearly state to your child where you will be and when you will return. It may also be helpful to discuss what will happen when you are reunited.
- Maintain a dear good-bye routine. This may include warning the child you are leaving in 3 minutes, a kiss and hug, or a wave from the window. Once you tell your child you are leaving, it is important to follow through. Extending the good-bye with "Ok just one more kiss, and then I really have to go" tends to heighten anxiety rather than relieve it. Avoid sneaking out, this seems to encourage children to become less trusting and makes the second day even harder.

Again, please know that we are here to help make this experience a happy transition for your child. We are very excited to have the pleasure of working with your child.

Thank You,

Rising Star Staff