

Back to School Jitters

Every child, regardless of age, gets a little nervous before the start of a new school year. Help allay some of their fears with these tips.



- **Ask specific questions.** If you sense that your child is nervous about starting school, encourage them to talk about it. Try relaying a time when you were nervous about something when you were going back to school. When the child opens up, acknowledge the fear and figure out ways to change the situation. For example: if they're afraid of being teased on the basketball court, practice free throws or dribbling with them.
 - **Tell them it's natural to feel nervous.** Assure them that they're not the only ones who get nervous before the school year. Again, acknowledge that it's o.k. to feel nervous, but that you're confident they'll overcome their jitters with little trouble.
 - **Talk to the teachers.** If your child can't quite tell you what's wrong, try calling some of his or her past teachers. They may be able to lend some insight into the nervousness. From there, you can better assess and deal with the fears, especially if it's a severe problem.
 - **Be reassuring and responsive.** Ridding back to school jitters often simply means reassuring your youngster. Be attentive to ways you can help make school a good experience, but be sure to be firm about attendance.
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