



Back to School

...read me a story!



Going back to school, or starting school for the first time can be stressful. Often kids are faced with a variety of social and educational stressors that may include separation anxiety, making friends, meeting expectations and establishing new routines. One way to help your child talk about their back to school feelings is by sharing books and reading aloud to them. Even after the *first day jitters* have passed, your child may still need your loving support. Reading can lead to conversations too!

Here's how you can help:

- 📖 Ask a **librarian** for book suggestions that might appeal to your child's age, interests and concerns.
- 📖 Speak with your child's **teacher** about how things are going at school so you can seek appropriate books that explore similar issues.
- 📖 Look for books featuring **favourite characters** (*Franklin, Froggy etc.*) who are going to school.
- 📖 Just for fun, read ***First Day Jitters*** by Julie Danneberg with colourful comic illustrations by Judy Love. You'll be surprised by the ending!

Provided by: *Ontario Early Years Literacy Specialists*