



Bridging Refugee Youth & Children's Services

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Helping Your Child: Adjusting to a New School

Meld

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Minneapolis, MN

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HANDS on HELP For Parents

**Helping Your Child
Adjusting to a New School**

Meld
parenting that works

For All Ages

Published by:



219 north second st., suite 200
minneapolis, minnesota 55401

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Easing the Jitters

The First Day of School

Knowing what will happen, who to ask for help, and what the classroom looks like can help kids make an easier transition.



Visit the School

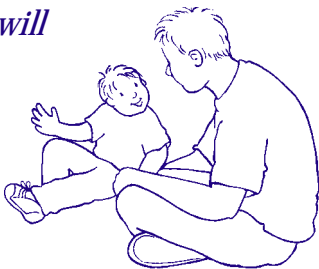
Make arrangements with the school to visit before the first day. This will give your child a chance to see where he will be. He will learn where the bathroom, cafeteria, and playground are. He will know where he will store his things. These details are important to feel comfortable in a new place.

*The First Day
of School*

Opening the Lines of Communication

Speaking and Sharing

Prepare your child for what will happen in school and what will be expected of him. Knowing what to expect will make him feel more secure. Talk about what it will be like. Describe the school, the bells, raising your hand, and other things. If you think of what you know about his needs, you will know what to say.



Talk about routines.

Talking about what a school day is like will help your child. This can help him to have an idea about what will happen and when, reducing fears of the unknown.

*The First Day
of School*

More Hands on Help for Parents Booklets

Good Night, Sleep Tight: It's Bedtime Ideas for bedtime routines and reasons for bedtime blues.

Avoiding Mealtime Madness Tips to help avoid battles at mealtime.

Smart TV Viewing Making responsible viewing choices can prevent TV from interfering with your child's learning, playing, conversations and family togetherness.

Ideas to Help You Raise a Reader: Read to Me! Explore reading tips, learn how to choose children's books and use your public library.

Newborns Are Amazing Babies' actions communicate their needs, emotions and mental processes. Recognizing these actions will give you a better understanding of your child's brain development.

Why Babies Cry: Soothing a Crying Baby Babies cry for a reason. This booklet helps you find the reason and provides suggestions on how to soothe your baby.

Just Playing? For kids, the purpose of play is to have fun. The result is development and learning. *Just Playing?* provides important skills kids develop during play.

Five Minutes of Peace: Stress Relievers for Parents This booklet provides ideas to relieve stress and how support can help in coping with the stress in your life.

Dads Have Babies, Too Bond-building, understanding bond-barriers, and finding proactive ways to involve yourself in your child's life are steps to becoming a better dad.

Childhood Friendships Learn and understand how friendship awareness and skills develop in your child from infancy to nine years old.

The Outdoors: Playing It Safe Tips for safe outdoor play.

Childproofing Your Home Exploration is important to a child's development. Childproofing is your best defense against accidents in the home.

Helping Your Child: Adjusting to a New Home Help ease your child's transition to moving to new surroundings and a new home.

Helping Your Child: Adjusting to a New School Help your child develop skills for facing new situations.



Order Form

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Meld is...

Parenting that Works!

Meld has been making a positive difference in the lives of families for nearly 30 years. A national not-for-profit education, training, and resource organization, Meld nurtures the crucial connections between parents and children by building skills, knowledge, support, and confidence.

Our mission is to enhance the capacity of those who parent to raise nurtured, competent children.

For more information about Meld programs, staff development training, and resources for family service providers and the parents they serve, call Meld at 612.332.7563 or go to www.meld.org.

“The *Meld Hands on Help for Parents* booklets are a great resource for parents and support staff working with parents. They serve as a useful tool, providing valuable information that makes the job of parenting easier. The format of the booklets is easy to read and understand. I wish I had had something like this when my children were young.”

Kathy Kelly, Meld Network Manager
MA Children's Trust Fund

“The *Hands on Help* materials are wonderful. If every parent had an opportunity to utilize information from these materials, I foresee a future of well-informed, well-prepared children. They really are hands-on.”

Barbara Gilkey
HIPPI USA



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