



Suggestions for Easing the Transition to School

The Early Childhood Department recognizes the separation anxiety that sometimes exists between parent(s) and children the first few days of each school year. If your child or you experience these “First Day Blues” we suggest the following:

- “Stay and Play” in the classroom with your child during orientation/the first day of school.
- During the first few days of school, walk your child to class, help him/her find an activity to join, then take a cue from his/her teacher, and say good-bye in an upbeat, short manner. Prolonged good-byes often lead to difficulty separating.
- Send a “transitional object” with your child, such as a favorite stuffed animal or a family photo. This item should be something small that your child can keep with him/her in the classroom.
- If, due to work schedules or other commitments you need to say your good-byes at carpool, please remain in the car and let an EC staff member help take your child safely out of the car.
- After the first week, carpool can be a helpful way to minimize the transition time and enable your child to connect with their teachers and friends. Even our youngest children like to feel ‘big’ and independent.

Remember that our staff is eager to connect with your child and begin developing a positive relationship.

If transition from home to school remains a concern, please let us know. The BMA family strives to make your child’s first school experience an enriching and special time.

My door is always open if you would like to talk with me, or please don’t hesitate to contact me at (954) 989-6886 or rkurtz@brauser.us. To schedule an appointment please call the office and ask for Laurie Berger or email lberger@brauser.us.

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