

PEDIATRIC CORNER

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Back to school: Excitement or anxiety

The start of each school year can be a particularly exciting and anxious time for any child, especially those in the K-3 grades. While they may look forward to seeing their old friends again, they might be apprehensive about a new teacher and in some cases, a new school.

You can help ease your children into the routine again and calm their fears by pointing out some truly positive aspects of starting the new school year. Let them know that it'll be a lot of fun, and they'll see their old friends, and meet new ones. Jog their memories about previous years, when they came home with high spirits because of such good times.

Here are some other effective ways to keep they new school year happy and healthy. Review past year's accomplishments. Talk about the interesting things that'll be learned in the months ahead. Buy something, perhaps a pen or pencil or a note of encouragement in their lunch-box. These small jesters remind them you're thinking of them at school. Reassure your child that if any problems arise at school, you will help resolve them. And, if problems do occur, get involved as soon as possible.

Pull Quote: After school, show your child some special attention and affection. Give them a big hug. Ask them what happened that day. Did they have fun? Did they make any new friends? Do they need any new school supplies you can shop for together?

Find other neighborhood children that your youngster can ride the bus, or walk with to school. Encourage them to look for new friends in class or on the playground, ask them about their interests, and invite them to join in for a game.

Get involved in school activities. The PTA and club involvement are also great ways for your child to feel important and excited about school. Parental involvement has many benefits including; more together time, more things in common to talk about, knowing what your children are learning at school, and most importantly, your child knowing you care about what they are doing. Staying involved is one of the best ways to make sure your children remain happy and healthy.

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