



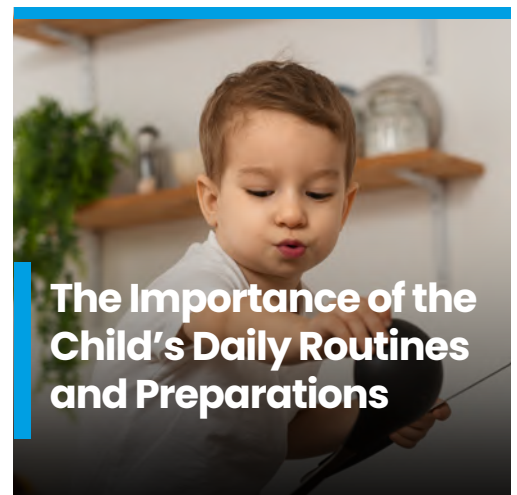
ISTEK SCHOOLS

It is a publication
of the
Psychological
Guidance
Department

Hello,

Starting school is one of the most important milestones in a child's life. Preschool is the first environment where a child regularly spends time outside the family, makes new friends, and meets teachers. This experience is invaluable for development but may also bring anxiety, uncertainty, and emotional fluctuations. Each child experiences the adaptation process differently. Some adapt within a few days, while for others this may take weeks. Reactions such as crying, reluctance to separate from parents, irritability, or regressive (age-inappropriate) behaviors may be observed. Most of these reactions are temporary and natural. What matters here is that families provide patient, determined, and consistent support to their children.

Happy reading!





PRE-SCHOOL SELF-CARE SKILLS

To support your child's adaptation to school, please consider the following suggestions:

Acknowledge Emotions: Your child may experience different emotions such as anxiety, fear, or excitement. Listen and reassure them by saying, "It is very normal to feel this way." This approach fosters trust.

Present School and Teachers Positively: Describe teachers as sources of trust. Avoid phrases such as "If you don't eat, I will tell your teacher," which may cause alienation. Sharing your own school memories may also comfort your child.

Establish Daily Routines: School means structure. Practices such as going to bed early and preparing in the morning make adaptation easier. Allow your child to take responsibility in these routines.

Prepare Together: Choosing items such as a bag or stationery together increases the child's sense of belonging.

Keep Farewells Short and Clear: Establish a consistent daily farewell routine. Prolonged goodbyes increase anxiety. If you find it difficult

to separate, seek support from our psychological counselors.

Encourage Positive Conversations: Ask questions such as "Did you meet someone new today?" to help them share experiences. However, do not force your child to talk if they are unwilling.

Ensure Continuity: Ensure regular school attendance unless there is a valid reason. Consistency is essential for a healthy process.

Be Firm and Consistent: Your child should not gain opportunities to delay attendance by negotiation. Your firm stance, even if it appears upsetting, provides reassurance.

Collaborate with the School: Stay in close contact with teachers and counselors. Do not hesitate to share your concerns.

On the other hand, comparing your child to others, frightening or punishing them to ensure attendance, reflecting your own anxiety, or speaking negatively about the school in front of your child are attitudes that harm the adaptation process.

Dear families, your approach determines how

positively your child perceives school. Adaptation is a journey, and each child progresses at their own pace. You are your child's most important guide. With patience, understanding, and consistency, every step you take will help them build a positive perspective toward school life. We are by your side throughout this process. As the İSTEK Preschools Psychological Counseling and Guidance Department, we wish all our students and families a healthy and joyful year.

İSTEK Schools
Psychological Counseling and Guidance Department

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