

Help ease your child's school anxieties



Do you have a child who started school this year? Is he or she suffering anxiety about school? If so, as a parent you can help reduce that anxiety, according to the American Psychological Association's Web site.

- Let children know that feeling the way they do is OK. Let them know that lots of people get nervous when they do something for the first time.
- Make sure your child has a regular routine at home to get ready for school. You'll also want to let them make some of the choices about what to wear, etc.
- Make sure your child has a chance to participate in fun activities with schoolfriends after school. Having friends always makes things easier and less stressful.
- Spend time every day talking to your child about his or her schoolday. Listen to their stories and respond appropriately.