

DO THIS AT HOME
Something to Talk About

Help your child make the transition between home and school, and then from school back to home. These transitions are often not easy for children, and this activity might help make things go more smoothly. Having one specific occurrence to talk about right away with your child might help get the conversation going!

What Your Child Will Learn

Separating from loved ones is not easy for children (or family members). Often, transitioning from one environment to the next is difficult for children. Helping bridge that transition is important, and this activity might be perfect for your child if she struggles with separations and reunions.

Materials Needed

notebook, index cards, or other way of passing notes between home and school

What to Do

- ▶ Each day, try to write one thing in this notebook or on an index card about something special your child recently did or said when she was with you.
- ▶ At home, you could write about something your child really enjoyed doing the night before or that morning before school, the name of a friend or relative she recently played with, something your child shared with another person, a special meal your child enjoyed, a comment your child said or a cute thing she did, or anything that was a special moment for your child.
- ▶ When your child gets to school in the morning, I will read this message from home and have something personal to talk about right away with your child that might help ease that transition into the school day.
- ▶ At school, I will do the same thing! I will note one thing your child did at school during the day and write it in the notebook or on an index card. When you arrive to pick up your child, or, when your child arrives back home, you will have something specific to ask your child about that will help her ease into the transition from school back to home. Your child will feel special, and know that the adults in her life are communicating about what she likes and does. In addition, having something special to talk about immediately will help your child feel noticed and loved.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.