



## START TO A KINDERGARTEN

Children may have difficulty adjusting to a kindergarten. It is not easy to leave from safety, warm home, mother's bosom and adapt to school for a child. Child is addicted to her mom and family above all. It may get him worry in a consequence of being separated from mother and father on the first days. These are expecting behaviour in a preschool term. It would be a great expectation from him to act like a mature while adapting school on the first days. Potential maladaptive and combative behaviour of him require appreciate and tolerance within that period.

First days of school are quite important to a child. The child participates in social life within leaving family life. It is a crucial fact for a child. This process may traumatize to him in terms of mental and social if he is experienced bad situations. Therefore, behaving reassuring to him helps to avoid negative circumstances while he is participating in a social life.

**"I HAVE A STOMACHACHE, CAN'T I GO TO SCHOOL? "**

**What is School Phobia? How to Prevent School Phobia To a Child? What Are The Solutions?**

School is an important beginning in a child's life. School is an important beginning in a child's life. It is a threshold matter of a child throughout a new environment except from home. Both as family and as children take gladly onset of school. Because of a school is a place which varied activities that child takes a place with many subjects and getting satisfy his curiosity. Having new friends and learning different things will happen within entering a new environment. It is an exciting event which that family proud cause of their children grow up.

**WHAT SHOULD WE DO PREVENT SCHOOL PHOBIA FOR A CHILD?**

- \* First all of we have to take considering our children learn something by imitating us. We shouldn't utter our fears of any object or occurrence in the presence of children.
- \* We should not have overprotective-oppressive attitudes. We should give them as little responsibilities as they can. (watering flowers, animal feeding, tiding your own plate up)
- \* Family illness, socioeconomic crisis, sibling birth, migration, school or teacher changing which are we have to inform children for critical situations in advance.
- \* We need to create a preliminary experience of the school.

- \* Self-care in early childhood that we need to ensure them to acquire skills. Being able to achieve something on his own is a supporting process of child's self-confidence.
- \* We must establish environments where he can interact with his peers.
- \* We can make a drama by reading stories about school.

How do we affect children from our protective approach that is hiding behind of our love?

What kind of contributes to our children's development?

All we have to do is make sure he's dependent on us or addicted? Do we prevent them from being themselves by excessive love, or let them to be themselves by caring prudently?

Does it get their life facilitate, or create opportunities them to experience life?  
Which one?

As we search for answers to these questions, we may encounter our child's school phobia.

What should we do when we experienced such a process?

- \* We should avoid blaming the child to not going to school. We should not force her to go to the school; on the contrary, we should be patient.
- \* If he says "I'm afraid." We should make him feel that we understand by saying "So you are afraid." instead of saying "It Is Not a Great Importance."
- \* We should emphasize to our children advantages of school for instance; new friends, having fun with them, learning something new while spending good time etc.
- \* You can share anxieties and positive experiences that you had in your own childhood.
- \* You can read a pictorial book about school. He will get encourage going to school under favour of school's hero who is in the book that you read.
- \* Both as mother and as father should accompanied with child going to school on the first days.
- \* You can visit her when he is in the school hours we set together later. Staying in the school for a long time may gets child anxious: "So she must have concerns about me to being here since my mother hasn't left yet." he feels that he is right in concerns. Therefore, waiting for the student within the school we must take consider that it will do more harm than good.

- \* Remember that the child expresses her fears with body language (such as abdominal pain). We have to assure him by doing basic checks on him (such as taking his temperature). We should take him to school if he feels alright. Even if he doesn't want to enter the classroom, we should get him regularly come to school every day. Otherwise, we would be unwillingly supporting his fear.
- \* You should encourage your child to spend time in safe environments separate from you.
- \* You should support the development of friendship and game habits.

School phobia affects boys and girls equally. Entering a different environment is one of the stimulus factors on this condition. This problem might be solved with family-child-teacher collaboration in the first years of school age. School phobia must not be confused with not adapting to the school.

Adapting to the school with difficulty is a different circumstance for a child who has just started to the school compared to school phobia. This process continues to lose influence over time that results in the student getting used to the school completely.

However; we have to get professional assistance to resolve school phobia that has happened in the later years. Because every individual processes of children differ from each other. A healthy development will only be possible with the families who get guidance by experts.

It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.

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