

The Heart in Your Hand



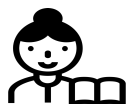
If your child is feeling anxious or scared about leaving you and returning to school, why not try the 'Heart in Your Hand' approach?

1. Draw a heart on the palm of your hand
2. Draw a heart in the palm of your child's hand
3. Practice the rhyme

If you feel fear
When I can't be near,
Use this helping heart,
If we are apart.
Press the heart,
Then count to two,
So I will feel it
And think of you.



4. Remind your child that it is completely normal to feel a little uncertain about new beginnings and that if they feel sad or upset, they can press the little heart in their hand to send you a signal.
5. Invite them to tell you all about their feelings when they get home. Talking about their school experience is really helpful during the settling-in period.



Little Miss Teacher
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