



Our children are mirrors, reflecting images of what happens around them. In addition to sharing genetic similarities with parents, they reflect the gestures, language, and interests of the adults in their lives. You'll notice your child holding a crayon just like Dad holds his pen, or using a phrase Grandma says often. The behavior and habits children are exposed to at an early age can become behaviors and habits they carry into adulthood.

How to prepare A PARENT for the first day of the school??!!
"Mrs. Rania Ramadan"

The human brain does 80 percent of its growing in the first three years of life. Genetics guide the growth of a brain in the skull, but do not completely design the brain. Instead, genes prepare the brain to be adaptable, hardwiring itself according to the experiences and environment in which your child grows up. Because experiences have a direct impact on brain development, your child is especially vulnerable to negative experiences in these first, vital years.

Now, ask yourself as a parent HOW DID I FEEL ABOUT MY FIRST SCHOOL DAYS? Logically, if you have bad memories about those days, you'll automatically act nervous when it is repeated. The equation is so easy; Like son like father: D. As parents we have a great responsibility of drawing our kids' world and imaginations.



We are their first source of knowledge. OK, what about drawing a beautiful image about the first day you wished for when you were little in your kids' minds? Do you remember your fear anxiety from this unknown world? Well, it is about time to change that memory and draw an amazing happy new version with your kids.

How can you do that? Here are some tips:

- 1) Take some time to read with your kids throughout the summer and it will help prepare them for the freaking home work time later on.
- 2) Enjoy school shopping with your child and involve them by giving them choices. Our kids love to pick out their own belongings!
- 3) Prepare yourself for early mornings and prepare what you can the night before. Being ready for a school morning is the best thing that you can do to get your family off to a great start! It makes a HUGE difference (and cuts back on stress and chaos for the mornings).
- 4) Take time to prepare your anxious children for school. Take a tour of the school, meet the teacher and practicing pick up and drop off are just a few ways to get starting in your preparation. It will really help your child to know what is going to happen on that first day.
- 5) Create a homework station for your children. A place where he / she can do his/ her H.W every day.
- 6) Start your child's day out right with a great meal! A little protein is all that they need.
- 7) Start the school routine weeks before school starts to get yourself and your kids ready!
- 8) The morning of the first day, have a special gift for your child. It doesn't have to be fancy. A great book and crayons or pack of fun pencils might be all that you want to do.
- 9) Try lunch box notes to brighten your child's day. Stick a little note in each lunchbox. You can draw a heart or write his/ her name.
- 10) Be sure to use your last week before the kids go to school to spend some much-needed one on one time with the kids.

Remember to relax! This is the most important precious advice that nobody is telling you. Enjoy the details of preparing your kids for the first school day. You are doing a great job here, you are creating a happy experience that will affect your kids' upcoming years of learning and may be their children too. There is no other path toward successful career life except school then collage, make it an enjoyable path then for you are going to be in it for quite some time. Smile and be happy your little baby is a student, you are stepping together his/ her first step toward the bright glorious future. The way you are dealing with the whole matter is reflected on the actions of your kids be careful to make a beautiful unforgettable reflection.