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## Fall Newsletter

September 2010

### Back to School Thoughts

Many children have back to school thoughts before the new school year begins. Here are a few of their concerns:

- I hope I like my teacher.*
- Will I have friends in my class?*
- Who will I sit with at lunch?*
- Who will I play with at recess?*
- What if I get lots of homework and it's too hard?*
- I'm scared about going to a new school.*



These concerns are normal and natural. In fact, 70% of all kids worry and worries about going back to school are common. Welcome to the Tool Kits for Kids August 2010 Newsletter, which tells you how to prepare your child for a smooth transition to the upcoming school year.

**Transitions Are Important** Going back to school is an important transition that all children face each year. Making smooth transitions is an essential life skill. Parents and other family members can help children successfully return to school and adapt to change in several ways. Here's what you can do:

- Have a brief, calm talk with your child about the upcoming school year one or two weeks before school begins. Ask the child what he or she would like to happen this year. Maybe the child wants to try really hard in math, improve writing skills, make one or two new friends, or try out for a team or school play. Parents can help the child set positive, realistic goals that are age-appropriate.
- Parents can have their own goals for their child's upcoming school year too. For instance, encouraging reading, helping a youngster's organization skills, or trying new activities might be good goals.
- Preparation helps kids with transitions. If your child will be attending a new school, visit the school beforehand if you can. Knowing how to find the classrooms, gym, cafeteria, and bathrooms can make a child feel more secure.
- Ask your child about any worries or concerns for the upcoming school year. There are two important sets of emotional skills that help improve children's happiness and overall adjustment. These skills include improving self-confidence and learning to manage worry.

## Confidence Skills Can Be Learned

Confidence is an internal feeling of well-being that includes a variety of skills that help children stay steady and strong, even in the face of new situations, such as starting a new school year. Confident kids recognize their strengths accurately, know how to look self-assured, set realistic goals, and reward themselves for the good things they do. They understand the value of their own thoughts and feelings and know that effort is more important than just results. Confident children can handle mistakes, disappointments, and criticism. The good news is that these skills can be learned. Our [Charge Up Your Confidence Tool Kit for Kids™](#) teaches the 20 best self-esteem building strategies available today, and is ideally-suited for improving back to school confidence.

## Worry-Fighting Skills Can be Learned

Some children and teens get particularly anxious at the start of school. They imagine the worst case scenarios and their anxiety and fear grow out of control. Instead, children can learn to think in strong and accurate ways so their worries stop interfering with their school day. Our [Outsmart Your Worry Tool Kit for Kids®](#) quickly teaches kids can how to turn down the volume of worried back to school thoughts and replace them with competent and realistic thoughts. This helps prepare them for new experiences - a big relief before stepping into the new school year.

## Tool Kits For Kids® News

We are pleased to announce that our newest Tool Kit, the [Build Up Your Resilience Tool Kit for Kids™](#) has won two nationally acclaimed awards in 2010 - Disney's iParenting Media Award (Elementary School Edition) and Mom's Choice Award (Gold Award Recipient, Elementary School and HS/MS Editions). Our Resilience Tool Kit teaches children powerful strategies to cope with life's most difficult situations including natural disasters, significant loss, death, accidents, illness, and divorce.



These newest awards are particularly meaningful to us because all of our Tool Kits (helping kids with worry, confidence and resilience) have now been recognized with prestigious parenting awards. For information about our products, as well as timely [topics of interest](#) for parents and others who help children, please visit our website.



Build Up Your Resilience  
[Gold Award Recipient](#)



Build Up Your Resilience  
(Elementary School Edition)  
[Award Recipient](#)

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