

Proactive Chinuch: How To Prepare Your Child For School

The following are the points covered in the lecture:

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Divrei Torah

- Why the insistence for the jug of oil to be pure?
- 7:05 Chanukas Hamishkan is key
- 12:56 Beginnings are significant - it sets the tone for the year

- For anxious children, plan and discuss the details of the first day with them so they know what to expect and can feel more prepared
- Encourage your children to welcome new students who join

Practical Tips

- 15:35 We must bring our best for the year's start - beyond what may be acceptable for a typical day
- Make sure seforim are in good, appealing condition
- Another copy to keep at home
- Ensure supplies are gotten in advance
- Arrive in proper dress code and haircut

The First Day of School

- 32:22 Celebrate it with joy!
- Do something special together
- Aim to be up before your kids so you can prepare with them
- For anxious children it is useful to plan an activity for the time before school starts
- Greet them at home after school; listen closely to what they share

Routines

- 21:39 Establish and ensure bedtime
- Returning from the country several days before school's start
- Transition back to school is significant - allow for preparatory time before to adjust

General Points

- 36:36 Inform school of any changes/events at home - it makes a world of a difference
- Share that teachers may start out more strict toward the beginning
- 39:40 Attending the Open House - utilize the opportunity to meet your child's teacher
- Avoid conversations about things like tuition in front of the children
- 41:23 Parent Whatsapp groups - ensure to use as a positive force
- Contact school/teacher directly with any questions or concerns to avoid misunderstandings
- Daven for siyata dishmaya

The Day Before School

- 25:17 Preparation is power
- Children who have a hard time transitioning
- Child and parent anxiety
- When we cultivate calm it helps the child feel calm
- 28:00 Speak of the school and the teachers respectfully in front of your children
- Allow your children to voice their concerns
- Let them know that beginnings are hard, and that it's normal to feel uneasy during the adjustment phase
- Prepare your child ahead of time for the changes that will take place - such as switching classes

'Proactive Chinuch' series

is a project of:

