

Adaptation of the child to school: how can parents help?

From the first days of September, school time comes for the kids. For some of them, this is a whole event, because for the first time in their lives they go to school, because their status is changing dramatically - now they are schoolchildren, students, first graders. Now imperceptibly the attitude of adults towards them, their expectations begin to change. The usual way of life is changing, new responsibilities and requirements appear, and, like it or not, the child has to change himself and correspond to the new role.

The first days and weeks of school life will undoubtedly be exciting and interesting for the child, because so many new and unusual things happen in his life: getting to know the school, with teachers, classmates, active communication and interaction, new activities, new student attributes and many other things. other amenities. But, nevertheless, they will also be quite a difficult experience. How this period of “entry” into school life passes depends on how easy it will be for him to study in the future, how relations with teachers and classmates will develop, what success he will be able to achieve, how much he will be able to show and realize his abilities and, most importantly, whether to learn to enjoy the process of learning.

The process of a child getting used to new conditions, a noticeable change in lifestyle is called adaptation. In general, adaptation in translation from Latin means the adaptation of the functions of the body and its organs to environmental conditions. A child's ability to adapt to a new environment depends on his mental, physical and emotional readiness.

That is why parents of first-graders need to be very attentive to their child during the period of his adaptation to school, to observe and notice changes in the physical, emotional and mental state in time.

So, what parents should not leave unattended in the life of a child in September-October:

- The child's well-being during the day, whether he complains of fatigue or headaches.
- Is the child's calm and full sleep.
- Are there any problems with nutrition and the digestive system.
- Has the child become anxious, capricious, withdrawn, has he developed somatic features (tics, obsessive movements, repetition of words, slight stuttering, etc.)
- Willingly talks about school, about his successes and failures.
- Did the child manage to establish relationships with the teacher and classmates. Did he have friends?
- Does the child have a desire to learn and complete tasks.

Is it possible for the child to master elementary new skills and knowledge.

Does the child understand the essence of the tasks, does he develop a desire to successfully fulfill the duties of a student.

- Does the child develop the desire and ability to perceive, remember, analyze information received in the learning process.

Does the child learn to plan, control and evaluate their own activities.

As a rule, the period of complete adaptation of a child to school lasts an average of about two months (school adaptation of first-graders can last up to six months) and already in the second academic quarter one can judge the success or failure of this process.

You can talk about the successful adaptation of a first grader to school when:

- the child is in a satisfactory state of health;
- the child is often in a good mood, he goes to school with pleasure;
- he established constructive relationships with peers, established positive contact with the teacher;
- the child learns the educational material without any difficulties, successfully copes with the tasks.
- the first-grader has mastered the skills of educational activities, shows independence;
- the child has adequate behavior within the walls of the school.

What can make it difficult for children to adapt to school?

- Psychological maladjustment in kindergarten.
- Style of family education and features of the family microenvironment.
- Negative style of the teacher's attitude towards children.
- Sociophobia.

The unsuccessful adaptation of the child to school may indicate:

- low mood, depressed emotional state;
- poor appetite, problems with the digestive system;
- frequent colds or other illnesses;
- frequent causeless mood swings, tearfulness, moodiness;
- restless sleep, frequent awakenings at night, nocturnal enuresis, etc.

Among the many reasons for school maladjustment, the main subjective reasons can be distinguished:

Low level of motivation to study at school.

The lack of formation of the elements and skills of educational activity, which can be explained both by the individual characteristics of the development of the child's intellect, and by pedagogical neglect.

Inability to voluntarily regulate behavior, attention, learning activities. The reason may be an unfavorable family environment, conflicts in the family, incorrect methods of education, improper organization of the child's daily routine.

It is not difficult to help the child to adapt physically.

It will be great if you and your child are Write and colorfully design the regimen (routine) of the day and help the child to comply with it. On the one hand, this is a well-known and banal thing, but on the other hand, as my many years of experience

show, for some reason parents miss this moment, which is very important for a first grader.

Proper nutrition, morning exercises, sports activities and frequent walks in the fresh air reduce the risk of a child's health problems and lay the foundation for successful physiological adaptation.

Very often, the state of a student's physical health largely depends on his mental and emotional state, on how comfortable he is at school.

In psychological terms, the most important result of adult assistance will be the formation of a child's positive attitude towards life, including everyday school activities, towards all persons involved in the educational process (peers - parents - teachers).

Try, as far as possible, to "preparing for school" in organizational terms with the child.

Let him choose, or at least take part in the choice of all the things the future student needs.

Firstly, it will give the child a lot of pleasure and be good entertainment for him, and secondly, it will allow him to feel his "adulthood" and significance, because at that moment you allowed him to solve such important issues himself, which means that you also contributed to the development of independence and responsibility, the importance of which we have already discussed.

In no case do not compare the child with other children, but the results of his work with a certain standard or the results of other students. You can only compare a child with him and praise him only for improving his own results and achievements. It should be emphasized that since he has learned to do something well, he will gradually learn everything else.

Be sincerely interested in the child's school life and shift your focus from studies to the child's relationships with other children, to the preparation and holding of school holidays, shifts, excursions, etc.

Discuss more often and focus on the area of activity where the child is more successful, help him gain confidence in himself.

Do not allow the child to be closed only on his school successes or failures, find him such an extracurricular activity in which he is able to fulfill himself and assert himself with pleasure. And this will subsequently affect school success. The more parents fix the attention of the child on school, educational achievements, the worse it is for his school success, the worse for his personality.

Reduce the value and importance of school grades, that is, show your child that they love him not for good studies, not for high grades, not for test and control results, but they love him, appreciate him, accept him for who he is, of course, for nothing - then, and against all odds.

Dear Parents! The beginning of school life is a very difficult period for your child. Support him, let him feel support, help and complete acceptance, regardless of whether he is currently successful in school activities, or not.

And most importantly, constantly support your child, and not only and not so much in terms of help in mastering the educational material, but in psychological terms. We wish parents of first-graders confidence in their parenting abilities and skills, patience, mutual understanding with their maturing children. If it happens that the process of adaptation to school will be difficult or you notice that not everything is going well with the child, seek help from specialists.

You can always get the necessary help and advice from the school psychologist.