



Feature of the Month

EFAP/North

1095 Cassells Street

North Bay, ON

PIB 4B1

Phone: 494-8086

1-800-266-3506

Fax: 494-1042

E-mail: efapnorth@vianet.ca

www.efapnorth.com

For more information and to submit articles, contact

Debbie Maltby,

Administrative Assistant

at EFAP/North

Easing the transition to a new school year

As working parents, many of us look forward to the beginning of school. If nothing else, it's a relief not to have to deal with those "down times" before and after vacations when we have to go to work and still keep our kids busy, happy and safe at home.

Many children look forward to the new school year too and, like us, their anticipation is tinged with apprehension. Transitions are exciting but scary. *Will the big kids tease me on the bus? Will my teacher be nice? Will I still be in a class with my friends? Will I be able to find my way in that big building? How much homework will we have this year?*

Time to plan ahead

As parents, we want to help our kids make a smooth adjustment to their new situations, whether it's child care, first grade, junior high school or college. We're concerned about how to be supportive but at the same time encourage our children's independence. Can we "let go" and still make sure that our kids are having positive experiences in school and with their friends?

Here are some things parents can do in the

summer to prepare for the school year:

- **Give children of any age a chance to tell you what's on their minds.** Listen and don't minimize their fears or anxieties—though they may seem foolish to you, they are very real to your child. For a young child, you could "play act" situations they may be fearful of. For older kids, try out different scenarios: *what if...Johnny starts teasing you on the bus again? What will you say?*
- **If a child is moving to a new building and there's no plan for a formal orientation,** arrange to visit the school one day even though there may only be a skeleton staff there. Check out the bathrooms, the cafeteria, the school office and the yard as well as the classrooms.
- **Try to locate another child** who will be in your child's class this year or who already goes to that school. Take time to call and arrange to meet—or at least talk—before school starts. Establishing this connection is worth the effort and can make a big difference to kids starting a new



Have a fun, safe & healthy rest of summer

CONNECTIONS

Getting there and back

Whether your child will get to school by bus, car or on foot, make a few dry runs before the big day. If it's a new school, drive the route together so you can learn the way and also see how long it takes. Locate the bus stop and see if you can find a few other children who will be taking the same bus.

If you will be walking your child to school, a good project to do this summer would be to make a map of the route. Include the stores, buildings, parks and other landmarks. You can do it with blocks or with pasted cutouts from magazines or with crayons and magic markers.

On the home front

Spend some time during the summer thinking about what will be different this school year. Will you have to pack one or more lunches to send to school? Will you need to arrange for someone to pick up your child after soccer practice? Start to make a plan for who will do that—at least for the early fall.

Depending on when school starts, begin to ease back into fall routines a few weeks in advance. If children have been sleeping late in the morning and eating at odd hours, for example, they will need to get back into a more regular schedule so they can be ready to leave for school early in the morning.

Transitions for older children

Some children who will be attending a new school this year see it as an adventure and look forward

to the challenges they will meet. Others are apprehensive about how they will fare both academically and socially.

Kids worry about safety in the new school neighborhood as well as finding their way in the building. They are also concerned about being accepted by their peers. “Will I be *enough*—smart enough, pretty enough, tall enough, have enough of the right clothes?” even a child who is looking forward to attending a new school may feel some extra stress at this time. Therefore, keep your calendar as clear as possible during the first month of school so you can spend a little more time being cozy with your child, talking together, reading together, taking walks or playing games—whatever you have fun doing together.

More ways to help kids adjust

Maintain as much stability as possible in all areas of your child's life—eating, TV watching and bedtime rituals.

Encourage kids to sign up for extracurricular activities. This will help them develop new interests, learn new skills and meet a wider range of children.

Help children get to know each other away from school. Let teens especially know that their friends are welcome at your house.

Listen for feelings as well as facts. You will be more likely to find out if your child is having difficulty with a teacher or being bullied by another child, for example.



The Members' Page



YMCA
We build strong kids,
strong families, strong communities.

4th annual Blue Sky Run

Sunday, August 19, 2007

DISTANCE	15km and 5km chip-timed, certified courses offer a challenge to all runners.
TIME & LOCATION	8:30 a.m. Both courses start and finish in front of the YMCA
RACE KIT PICK-UP	Registration packages can be picked up on Saturday August 18, 2007 at the YMCA between 7 am—7 pm or before 8 am on Sunday, August 19, 2007
AWARDS	*Overall Men and Women's 1st *Each age category 1st, 2nd and 3rd acknowledgement: up to age 19, 20-29, 30-39, 40-49, 50-59, 60+
REGISTRATION	Register in person at the YMCA or online at www.runningroom.com

All proceeds from this event support the YMCA of North Bay's Strong Kids Campaign

We need: assistance at water stations, bike riders to follow the runners, traffic directors at the corners and teams to cheer the runners along the route. To volunteer contact Brenda Chaput at 497-1915 Ext. 233 or by e-mail to Brenda_cchaput@ymca.ca

CONNECTIONS

Q & A

Question:

It's been over a year and a half since my wife and I finalized our divorce. My friends and family keep telling me that I should be moving on with my life, but I can't! Do I need counselling?

Answer:

The truth is that most people would benefit from counselling at some point in their lives. Of course, friends and family members are valuable assets to have. However, a counsellor is a trained professional and as a result he or she will be able to help you to determine important aspects of the problem you are encountering. Other benefits to utilizing the services of a counsellor versus relying solely on friends and family include:

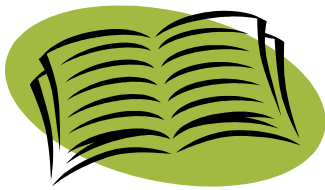
A counsellor will be able to objectively help you sort through your problem.

Sometimes, it's easier to be more candid with a counsellor.

A counsellor is bound by law to keep your problem(s) private.

Counselling can help you develop new coping skills and life strategies that will help you with your current problem and any other problems you may face in the future.

If you decide that counselling would be useful to you, please contact EFAP/North at 494-8086 to schedule an appointment with a counsellor. Remember, EFAP/North offers counselling to its members as a part of your employee benefit package.



Book of the Month

Working with Emotional Intelligence by Daniel Goleman

DO YOU HAVE WHAT IT TAKES TO SUCCEED IN YOUR CAREER?

The secret of success is not what they taught you in school. What matters most is not IQ, not a business school degree, not even technical know-how or years of expertise. The single most important factor in job performance and advancement is *emotional intelligence*. Emotional intelligence is actually a set of skills that anyone can acquire, and in this practical guide, Daniel Goleman identifies them, explains their importance, and shows how they can be fostered.

For leaders, emotional intelligence is almost 90% of what sets stars apart from the mediocre. As Goleman documents, it's the essential ingredient for reaching and staying at the top *in any field*, even in high-tech careers. And organizations that learn to operate in emotionally intelligent ways are the companies that will remain vital and dynamic in the competitive marketplace of today—and the future.

Comprehensively researched, crisply written, and packed with fascinating case histories of triumphs, disasters, and dramatic turnarounds. *Working with emotional intelligence* may be the most important business book you'll ever read.