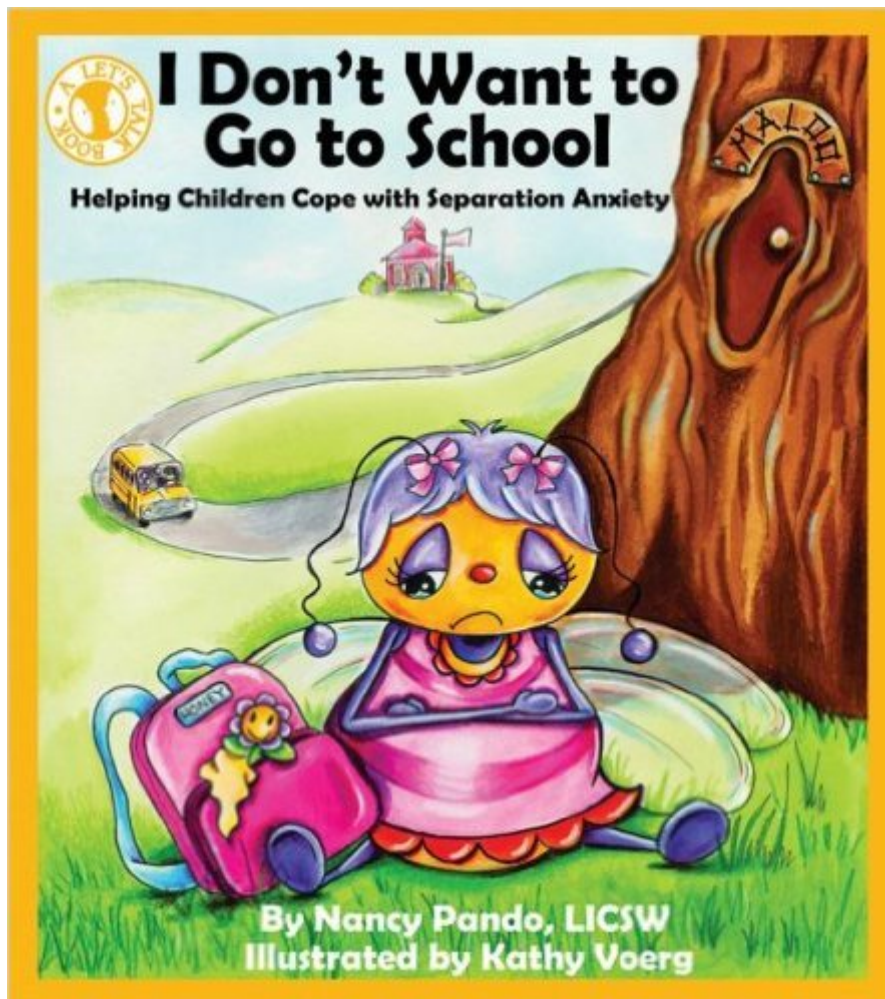


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# I Don't Want To Go To School: Helping Children Cope With Separation Anxiety (Let's Talk)



## Synopsis

It's time for Honey Maloo to go to school, but she does not want to leave her mom. She tries everything to stay home, from sneaking off the school bus to pretending to be sick, but finds there is no way to avoid school. Honey's mom, her teacher, the music teacher and friends help her to get involved with school lessons and activities so that Honey learns that school can be fun! Separation anxiety is common in young children and can make going to school a trial. This charmingly illustrated tale teaches children coping skills and reminds them that they can love, even miss, their parents and still enjoy school. In addition to providing specific tips for both children and parents, *I Don't Want to Go to School* offers a great tool to open a dialogue with an anxious child.

## Book Information

Paperback: 48 pages

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ISBN-10: 0882822543

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Product Dimensions: 6 x 0.2 x 8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #16,063 in Books (See Top 100 in Books) #18 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Friendship, Social Skills & School Life > First Day of School](#) #47

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Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

My daughter started to have issues with separation anxiety when she began first grade. After starting the new year, she started refusing to go to school and would cry for hours. It broke my heart to see her this way, and after speaking to her teacher and vice principal, we agreed that it would take some time and that we would all have to work together. I saw this book online and decided to give it a try. First of all, it is geared towards children. The pictures, as well as the story, helped my daughter relate to the main character. We even tried some of the things that the character did to help her feel secure in school. My daughter would bring a picture of us to school, or bring a small

teddy bear to look at when she started to feel sad. We also cut a piece of one of my shirts and she would use it to not only dry her tears, but to carry in her pocket. In addition to the book, my daughter did see a child psychologist twice. Although it was a long and tough struggle, I am happy to say that it is now 4 months later and she is doing very well and has adjusted to first grade. What a relief! I recommend this book for those of you who find yourself in the situation that I was in. It is a great supplement to have while working towards helping your child gain that inner strength and courage. I advise you to use as many resources as you can.

I have a 3 year-old daughter who had a hard time adjusting to leaving me and going to pre-school. I have read "The Kissing Hand", a sweet book, but this one is much more specific to the feelings that children can have when they don't want to leave their Moms. My daughter loved the Honey Bee character. The book helps children to help themselves and it tells you exactly how to do it. The illustrations are adorable, too!

Even though this is a book about a girl bee, I really didn't care. Based on previous reviews, I thought that it was worth a try. I have a son for whom the whole school drop-off thing is always a struggle. Well, this book arrived, I read it and thought, "Oh, my. That was really long. I wonder what he got out of that." He is only 3 and a half, so I feared that this was geared too much to children maybe one or two years older. The very next day, we were getting ready for school, and I hear from him, "I don't want to go to school!" Then what does he do? He runs to his room, grabs this book, and asks me to read it to him on the couch. That was four days ago. I have read it every morning and every afternoon since. It has helped initiate conversations about school, ways to help him get through the day, and it has given me things to say when I hear the dreaded, "I don't want to go to school!" I really have to recommend this book highly. This resonated with him so strongly. It really has helped both him and me. What more could you ask for?

I have four children. My youngest started kindergarten this year and was extremely nervous about it. He's very clingy and very used to just being with me. Although he had attended pre-school, the idea of going on a bus to a "big school" frightened him. I heard about this book from a friend of mine and read it to my son a few days before he started school. He really enjoyed it and asked if he could bring it into school with him! The teacher read it to the class and raved about it too. This is definitely a beautiful and bright way of easing a young child's anxiety (and mom's anxiety!) about going off to school.

This book was very cute and did help with my daughter's separation anxiety somewhat. We tried a series of things and each one helped some. She could read some of the words (Kindergarten). The absolute best book which helped us get to the bottom of her anxiety was What to do When You Worry Too Much, A kids guide to overcoming anxiety by Dawn Huebner....can't say enough good things. the two together would make a great set.

Helped Grandson to see he was not alone in his feelings of being afraid or anxious about pre-school. Along with other motivation techniques used by the parents (rewards charts, etc.), he has gotten over his anxiety and "Loves" school!

Honestly, this book didn't have any profound ideas in it that helped me help my son cope with his separation anxiety. He didn't love the story, I think it made him feel worried and sad for the little bee. Contrary to what I expected, this book didn't have any new thoughts or approaches that I hadn't already thought of. More than anything, facilitating opportunities for my son to connect with other kids outside of school (play dates at our house or theirs) has made it progressively easier for him to go to school. Building friendships and helping him feel comfortable and connected was the key. Now he has friends that he is excited to see each morning and he races onto the play ground.

I am the mother of a 3 year old set to start day care and let me tell you, if it looks anything like her first day of camp-I'd better work on my home schooling skills. Needless to say, it lasted 3 days and we had no choice but to pull her out. She is riddled with anxiety about going off to day care and I have no choice. I have been trying to do some work with her around this issue and everytime I feel we make progress-when it comes to the actual moment, it turns into a disaster. A behavioral specialist down here in Florida recommended this book to me and it has been a godsend!! My daughter and I have been following all the suggestions in the book. They are sooo helpful! We'll see how it goes on the first day, but these are great ideas and she loves the book. We talk about how she is just like Honey! Not only are the suggestions great for me, this little bee has given my daughter alot of comfort!! Go HONEY!! The illustrations are to die for!!

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