

Tatjana Gjurković i Tea Knežević

Little bear is afraid to stay in kindergarten

Illustrations:
Jelena Brezovec



Basic emotions:
FEAR
+
Advice for parents
and teachers

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Separation anxiety in children

This picture book deals with the fear of separation from parents or caregivers or separation anxiety, which is usually clearly recognized when a child starts nursery or kindergarten.

Fear is one of the so-called basic emotions. They appear in all cultures and from the earliest age. By the end of the 6th month of life, a child expresses all four basic emotions (anger, fear, happiness, sadness).

Starting nursery or kindergarten is the first big change in a child's life, where he is expected to accept a new routine, the absence of parents with whom they were inseparable until that moment, new and unfamiliar adults (teachers), a new environment, new friends, new toys and games, and new rules. Depending on the child's temperament, they will eventually adapt to the new situation and relax, but some children may develop separation anxiety, and the adaptation may be more difficult, slower, and may require additional attention from parents and caregivers to help the child build or regain a sense of security in new circumstances. Namely, the need behind the emotion of fear is the need to regain a sense of security.

It is extremely important that parents, teachers, and caregivers remain calm and consistent in verbal and nonverbal communication in situations of a child's sadness, crying, resistance, instability, and/or panic, because the child will need to rely on the stability of adults when seeking for consolation and security.

This picture book contains a therapeutic story about a little bear who refused to go to kindergarten. The story will help your child recognize the emotion in themselves, name it, and gain insight into what is happening in kindergarten.

At the end of the picture book, there are tips for adults that will help you understand your child's emotional needs so that you can provide help and comfort, or the necessary sense of security.

Your soothing voice, the attention and the closeness you establish with the child you are reading to, is a big step on the path to your little one's healthy development.

Enjoy these moments together. ♥

”

Hi! I'm a little bear and I recently started kindergarten. Do you go to kindergarten too? That's great!

I'm really enjoying kindergarten now. I love my friends, my toys and my teachers, but at the beginning, when I first started kindergarten, I was very scared and didn't want to go. I feared being alone and I was scared that mom and dad wouldn't come back to pick me up. But now I'm not scared anymore, I've become braver, and I love my kindergarten.

Make yourself comfy and listen to my story...





– Good morning my sweet little bear! Wake up... – mama bear gave a good morning kiss to her little son.

He opened his eyes, smiled and gave mum a big hug.

– Come on, let's put your pants and shirt on and have a tasty breakfast together. What do you say about cereals with sweet raisins?

– Yees! – little bear was very happy with this idea.

– And when we finish our breakfast, I will take you to the kindergarten! Remember we talked about it. How it's time for you to start kindergarten where you'll play with other children – mum sounded happy and excited.

– Kindergarten? I don't want to go to kindergarten... – little bear protested.

– What do you mean you don't want to go to the kindergarten? – mum was surprised.

– I would rather stay at home – bear said quietly.

– Don't you like playing and hanging out with other children? – mum was curious.

– I like it, but I want to stay at home with you – bear tried to explain.

– Hm... – mum sighed and was looking at her son with a concern. He clenched quietly in his chair, playing with the food in a bowl.

– What's wrong with him? Why doesn't he want to go to the kindergarten?

– mama bear asked daddy bear.

– I think our little bear is afraid to go to the kindergarten – father replied gently, squeezed his son's paw and said to him: – Sometimes it's very hard to go somewhere where we don't feel safe as we do at home. But I believe that, when you meet everybody in the kindergarten, you'll realize it can be nice to spend time there.

Dad was calm and still while talking to his son.

Little bear didn't quite understand everything his father was saying, but daddy's voice made him feel a little bit better, safer and calm.





- My dear son, this is kindergarten – mum said when they arrived.
- Mommy, I really don't want to go – little bear was repeating the same thing, was very scared and started to cry.
- Honey, I know you are scared and that it's hard for you to stay in the kindergarten. But remember what your daddy told you: when you get to know your new friends, teachers and toys, you will not be afraid anymore. I will come and pick you up right after lunch. – mum was very gentle, and she hugged a little bear.
- Then she kissed her little one, wiped the tears of his face and called a teacher.