

ANXIETY

Continued from Page B1

Another idea is to find social opportunities with other incoming kindergarten students. Reach out to parents of children in your neighborhood who will be going to school for the first time. Then plan a social gathering at a local playground.

Also, develop a routine in advance of school. Begin to wake up early and get ready on time. Also, consider practicing some schoolwork. You can get your older child involved in sharing his thoughts about what was the best part of school when he was that age.

Lastly, begin by spending some time away from your son. Maybe it is a 30-minute outing to grab coffee by yourself while your child stays with his older brother or having your child go to a friend's home for an hour.

Then slowly increase the time so your son has an opportunity to feel comfortable being away from you for longer periods of time.

All of these steps will help him know what to expect, prepare him gradually for what school will be like and ease the transition. This approach is based on one of the core principles of treating anxiety. That is, when you are frightened of something that is not dangerous, you need to have practice dealing with the source of your fear until it

becomes routine or boring. You cannot be talked out of anxiety. You need exposure to, and experience in, dealing with the situation.

If your child is resistant to the attempts you are making, or if his anxiety does not decrease even after you have taken these steps, talk with your pediatrician or primary care provider about seeing a health care professional who can help. Anxiety is a normal part of life that cannot be completely eliminated, but many successful strategies



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HOROSCOPES by Stella Wilder

TUESDAY, SEPTEMBER 6, 2022
YOUR BIRTHDAY by Stella Wilder
Born today, you like to be aware of everything that is going on around you, because you believe wholeheartedly that you cannot live a full life, or contribute to the world around you in any meaningful way, if you are unaware of the goings-on of the world in which you live -- and not just some of them, but all of them, if at all possible. This would render you intolerably nosy, and result in your being labeled "intrusive" or worse, if it weren't for the fact that you are bound and determined to give back to the world.

WEDNESDAY, SEPTEMBER 7
VIRGO (Aug. 23-Sept. 22) -- You're not going to get everything you want today, that's certain, but you should get to pick and choose from what is available.
LIBRA (Sept. 23-Oct. 22) -- You may not feel as competitive as you might, given the circumstances, but if you join forces with another, you'll surely be a factor.

SCORPIO (Oct. 23-Nov. 21) -- You must not believe everything you hear today, or even everything you read. Your best bet is to collect evidence independently.
SAGITTARIUS (Nov. 22-Dec. 21) -- Something that happens outside of mainstream business circles will affect your work in a way that soon has you changing things up.
CAPRICORN (Dec. 22-Jan. 19) -- The social scene may seem prohibitive to you for some reason that others aren't likely to understand, but it offers certain clear gains.
AQUARIUS (Jan. 20-Feb. 18) -- You'll find that the beginnings and endings of things overlap today in ways that can increase your earning power. See where this goes.
PISCES (Feb. 19-March 20) -- You receive a promise today that you cannot believe will be kept, but get ready for a surprise. You'll be ready to swing into action soon.
ARIES (March 21-April 19) -- You needn't go through official channels to increase your

knowledge of certain subjects. Instead, go to a source you know personally.
TAURUS (April 20-May 20) -- You'll recognize a few possibilities today that you haven't seen before. Some may require you to face certain fears. Are you ready for that?
GEMINI (May 21-June 20) -- Overreactions on your part are likely to cause trouble that lasts a while, so you must be sure to think about how to respond to certain events.
CANCER (June 21-July 22) -- You are easing yourself out of a difficult phase at this time, but it still may be too soon for you to try what a friend has suggested.
LEO (July 23-Aug. 22) -- You must be ready to act fast when certain things happen in your vicinity today, as reaction time will be much shorter than you might expect.

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TUESDAY, SEPTEMBER 6, 2022
CROSSWORD PUZZLER

- ACROSS**
- Fron-end cover
 - Is driven by wind
 - Assist
 - Objective
 - Anesthetic of yore
 - Draw on
 - Dote on
 - Ominous
 - Curious
 - Hasty flight
 - Braid
 - Cato's bear
 - Author — Wells
 - Vow
 - Music category
 - Well-worn
 - More cunning
 - Unit of energy
 - Roulette color
 - Patsies
 - Apiece (abbr.)
 - Cartoon bear
 - Take steps
- DOWN**
- Pasture sound
 - Unburdened
 - Between
 - Playground structures
 - NY neighbor
 - TV band
 - Finalized agreement
 - Tijuana Ms.

Answer to Previous Puzzle

L	A	P	E	M	I	R	S	I	C	K	
I	D	A	I	D	E	A	L	M	A	E	
L	O	W	E	R	S	R	O	T	A	R	Y
N	A	E	D	E	B	U	G				
M	E	E	T	R	A	S	L	E	D	S	
E	N	E	Z	I	G	S	I	S	A	K	
O	J	S	N	O	W	C	A	P	L	A	
W	O	O	L	T	O	A	D	L	E	T	
S	Y	R	I	A	O	M	R	I	S	E	
A	P	H	I	D	H	O	C				
P	U	T	S	O	N	Y	O	O	H	O	
R	T	E	O	C	C	U	R	E	L	F	
Y	E	S	T	A	C	K	S	N	E	A	

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- Wiedersehen
- Ames inst.
- Md. neighbor
- Decays
- Rhea cousins
- Street sign
- Impostor
- Home with a dome
- Easy shot
- Beluga product
- More certain
- Seaweeds
- Photocopy, for short
- Burrow
- Put back into office
- Far East staple
- Unwanted email
- Blazing up
- Ph.D. exam
- Ristorante order
- Briny expanse
- John, in Aberdeen
- However
- PIN prompter
- Destiny
- Peacock spot
- Two, for Livy

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