

Parents Can Help Child Adjust To New Experience of School

(Editor's note: This is another in a series of articles furnished by the National Education association. Today's article deals with the child's adjustment to school life.)

Washington, D. C. — Every kindergarten and first grade teacher is familiar with the youngster who clings grimly to mother's hand on the first day of school, and bursts into floods of tears when she leaves.

Millions of five- and six-year-olds will start school this month. One of the largest enrollments in history is expected, according to the National Education association.

Teachers say that most children plunge happily into school life. But there are always some who have a hard time adjusting to being away from home, and to the give-and-take of group living, and this difficulty may affect their entire school careers.

Emotional Problems
A few of the poor adjustments are serious emotional problems, requiring psychiatric treatment. Most of them, however, could have been cured before they happened, if parents had known how to

prepare their children for this tremendous change in their lives.

What can parents do to make the first year of school a happy event for their child? "Happy Journey," a booklet published jointly with the National School Public Relations association and the Elementary School Principals, department of the NEA, and the National Congress of Parents and Teachers, has many suggestions.

Take him to visit the school before the first big day. Let him enjoy the playground and learn to feel at home there.

Don't express any doubt that he will be happy in school. Show by your words and confident belief that school will be a place of new and wonderful adventures for him.

Has Experience
If he has never been away from home and mother for even a day, make sure that he has this experience at least once before school starts. Leave him in the home of a relative or friend for a day, while you shop or go out to lunch and a matinee.

If you live in the country or a city apartment, and he does not have many playmates

his own age, invite several friends with small children to your home.

To make the rules and regulations of school easier for him to live by, see that he puts away his own toys at bedtime, listens when others speak, follows directions, takes over simple household tasks, starts living by the same going-to-bed, getting-up, resting and playing routine that he will continue when school starts.

Caring for Himself
To make the mechanics of caring for himself easier, be sure that he has large buttons and buttonholes, undergarments convenient for toilet time, rubber boots that snap or buckle and are easy to slide off and on, snowsuits with large legs, big loops on sweaters and coats so he can hang them up himself, and mittens firmly attached to coat or jacket.

The better prepared your child is, physically and emotionally, the better his chance to be himself and demonstrate his talents — the better his chance for a happy school life.

The United States birth rate in 1958 was 24.5 per 1,000 population; Canada's was 27.5 per 1,000.

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ARRIVING AT OFFICE of British Prime Minister Harold Macmillan (right), 10 Downing Street, President Eisenhower waves just before making London TV appearance.

It has been found that babies less than a month old suffer lasting damage to their nervous systems if they are separated from their mothers and put under psychological stress.

Although comparatively small in size, Cuba ranks fourth among the nations of the world in iron ore reserves. Only from three to ten persons out of one hundred escape some dental decay.

Smoking Habits of Students Depend on Those of Folks

New York (Science Service) — The frequency of smoking among high school students depends to a large degree on the smoking habits of their parents. It is also strongly influenced by the degree to which the students participate in extra-curricular, scholastic and athletic activities.

A year-long study and high school children in the Portland, Ore., area reveals that about one-fourth of 11,060 boys interviewed and more than one-eighth of the 10,920 girls questions smoked regularly every week. Three-quarters smoke every day and one-quarter at least a pack a day.

The survey included 11 public high schools and five Catholic parochial schools in Portland proper and five public schools in suburban Portland. One-fourth of the boys and one-half of the girls said they had not even experimented with cigarette smoking.

The percentage of smokers was found to be highest among children of families in which both parents smoke cigarettes, lowest in families in

which neither parent had smoked, and intermediate in families in which only one parent smoked.

Where both parents smoke, 31.9 per cent of the boys and 18.5 per cent of the girls were regular smokers. If neither parent had been a smoker, the percentage of boys smoking was only 16.7 per cent and of girls only 6.8 per cent. When one parent smoked, the figures were 25.9 per cent for boys and 13.1 per cent for girls.

Furthermore, the percentage of smokers among children whose parents continue to smoke was shown to be significantly higher than among those whose parents had given up smoking. Smoking behavior of boys tend to conform more closely to that of the father, while smoking habits of girls follow those of the mother.

Behind Equals
A higher proportion of smokers was found among those who were scholastically behind their age equals, among those with less ambitious academic goals, and among those who did not participate in organized sports or other school activities.

The survey also revealed that high school smoking is more widespread among students in Catholic schools than among students in public schools. Thirty-two per cent of parochial boys smoked, while only 25.7 per cent of boys in city public schools and 22.4 per cent of boys in suburban public schools smoked.

Each successive school grade was found to have a higher percentage of smokers. Also, the percentage was shown to be inversely related to the educational level of parents, varying from 32.1 for boys and 17 per cent for girls in families in which neither parent graduated from high school in 20.1 per cent for boys and 10.7 per cent for girls in families in which both parents attended college.

Cancer Society
This study of high school smoking habits was conducted by the American Cancer society here to find the most effective way of presenting the facts about smoking to teen-agers. The society also sought more information about the amount and pattern of smoking among school students, the motivations toward smoking, and the factors that distinguish smokers from nonsmokers.



PRESSURED RESIGNATION—Indian Defense Minister V. K. Krishna Menon has resigned due to pressures from Parliament and press for allegedly playing politics with the armed forces. One group has accused Menon of being "pro-Communist."

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