



## POSITIVE PICK-UPS

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We've all been there -- it's the end of a busy day, your energy is low and you wish you could just be home already. Sometimes it can be hard to be as peppy and positive as you'd like during the transition into the evening. Just like we can feel drained after a long day, so can the children. I recently read this description of how children might be feeling during this tricky time of day: *"All day long they are having to switch from interpreting the code of their teachers, their peers, their friends, and navigate that code. Then they get home to you, and they don't have much emotional fuel left."* Or, regarding weeknights at home, child psychologist Dr. Lisa Damour humorously puts it this way, *"School gets the best of them. We get the rest of them."*

The first quote above came from Dr. Wendy Mogel who has great advice about how to talk with your children at pick up time in a way that builds connection and sets you up for success. Dr. Mogel suggests you start by bringing up something related to the topics your child currently loves to talk about, like if they are in a dinosaur phase or have become fascinated by dogs. She suggests you phrase it like this, "I thought about you today when I saw (insert one of their passions.)" Bringing up a topic they love is a positive way to reconnect and, by saying something like, "I thought of you today when a big fire truck went by my office," you are letting your child know that you think about them even when you are not together. This sets up a warmer emotional tone than a question like, "Did you remember to share in the sandbox today," or "Why did you have to change your pants?"

I love how Dr. Mogul frames this approach as showing your child that you are "enchanted by what enchants them." As teachers, one of the key ways we have been forming bonds with the children during the start of this school year has been by discovering what they love and showing them that we are excited about that topic too.