

# Supporting children in their transition to school

## notes for practitioners and/or parents

Read books about going to school.

Look at the school's website/brochure and talk about what you see together.

Practise the walk to school.

Talk about happy memories from your school days (and maybe even photos).  
*Note: try to steer clear of any negative memories or thoughts about your own school days.*

Ahead of starting school, try to adapt your daily routine to fit in with going to school, e.g. morning routine and meal times.

Provide plenty of opportunities for your child to interact with new people and explore new environments.

Provide opportunities for sharing and turn-taking. Model kind behaviour.

Encourage excitement about new school uniform. Practise putting it on and taking it off.

Talk about what your child is looking forward to about starting school.

Provide opportunities for children to develop the aspects of 'School Readiness' featured in our '*Elements of School Readiness*' poster.

Engage your child in discussing what they think it will be like to start school. If there is anything they seem to be worried about, try to find out more information. Talk to the class teacher if appropriate, discuss what your child could do in a particular scenario and alleviate fears where possible. Try to focus on the things they are looking forward to rather than those aspects which may cause anxiety.

If wrap around care is going to start in a new setting, arrange settling in sessions beforehand so that the school and childcare setting are not new at the same time.

If lots of change will be happening and/or each day of the week may be slightly different your child may benefit from a timetable chart.



## Remember:

Every child is an individual and will have different feelings about various aspects of starting school. They will also naturally have varying levels of ability in regard to different aspects of school readiness.

Of course, as a parent you will have your own feelings and worries about this change. It is only natural that you may feel anxious. Try not to let this feed into your interactions with your child. The more relaxed you are, the more likely it is that your child will feel relaxed.

Keep chat about school positive, but don't talk about it endlessly or oversell it.

# Have fun! Enjoy this time!