

Preparing your child for starting school

Chat with your child about starting school, their likes and worries

Look at school website together and talk about the pictures

Find photos of you and other family members at school and talk about happy memories

Read books together about starting school

Show your children their new school uniform regularly to get them used to wearing it. You can show them pictures on the school website

If your child is anxious about starting school, talk about things they will like e.g. sandpit or being with friends

Practise the school morning routine, getting dressed, eating breakfast and knowing it's time to leave

Practise the school run so you are both prepared for the journey

Support your child to be confident about going to the toilet in time and wiping properly

Talk about the importance of good handwashing, especially after going to the toilet

Learn "Catch-it, bin-it, kill-it". Practise blowing their nose, throwing tissues away and washing hands

Make sure you attend the taster session for your new school to help your child get to know their teacher, environment and children they will be with

Let your child practice getting dressed/undressed and folding school clothes neatly for PE. Teach them to put labels at the back, hold cuffs to stop sleeves riding up and wrinkling tights to put toes in first

If having school dinners, learn to use a full size knife & fork and carry a tray. For packed lunches, learn how to open the lunchbox and any containers

Get your child in the habit of hanging up their coat, putting toys away etc.
Make this into a game, you could use Mission Impossible music!

The First Few Weeks

Don't worry if your child is tearful and clingy at first, it is quite normal and they will probably be playing quite happily within a few minutes

If your child is exhausted at the end of the day, let them have quiet time or a nap. If they are hungry, a healthy snack or drink can help restore energy levels

Let them get used to school before introducing after-school activities and keep the first few weekends free so they can recharge

Keep talking to your child about their feelings about school. If they lose enthusiasm after a few days, use a calendar to help them understand weekdays vs weekends and holidays and arrange some treats for them to look forward to