

# TOP TIPS FOR PARENTS/CARERS FOR WHEN YOUR CHILD STARTS SCHOOL.



## Talk positively about school

You may not have had the best experiences of school or you could be anxious about child leaving you for the first time.

It is perfectly normal for you to be worried. However, children pick up on how their loved ones are feeling so it is important that you try to remain as calm and positive as you can when talking about school to or in front of your child.

If your child is finding this impending change a struggle, ask other children to talk to them about school in a positive way.

## No question is a silly question

If you have something on your mind and you cannot find the answer, ask someone at school. This could be a teacher, member of the office team or even another parent/carer.

Try to attend as many of the meetings or workshops that the school host before your child starts. Also, look out for opportunities to go into the school once your child has started. If you cannot attend, ask the school for information to be sent to you.

If your child has specific needs, organise a meeting between yourself and the school.

Children need routine. When they start school, they will quickly adapt to the structures, expectations and routines in place.

The week before your child starts school it would be beneficial to introduce bedtime and wake up times in preparation.

Routine after school is also important as your child may be very tired. A schedule for after school could be relax, mealtime, reading, bathing and bedtime. Consistency is important.

Starting school is a big deal for young children but it can also be an emotional time for parents/carers. Make sure you have someone you can talk to about your feelings.

As tricky as it sounds, try not to compare yourself to other parents/carers. Remember that everyone has different circumstances.

Take some time after you drop off for the first time to reflect on how far you have come as a parent/carer, that your child is safe in school and that they will be back soon.

## Get into a routine

## Be kind to yourself

