

Helping Your Child Settle into School



- Read and share stories at home which focus on starting school
e.g. *The Invisible String* – Patrice Karst
- Establish a clear parting routine for when you arrive at school e.g. Leave at gate, kiss, cuddle and say goodbye. Talk this through with your child before it happens and be consistent once starting school.
- Talk to your child about what they might be doing at school tomorrow, the night before. This will help nervousness or worries around the 'unknown' or times of the school day that your child struggles with
- Arrange for different family members or friends to drop off/pick up
- Talk with your child about what you will be doing whilst they are at school. Your child needs to know that they are safe and will have a lovely time! Your child may be wondering what you are doing, or may worry that they are missing out on things at home. Try talking about these things with your child to reassure them and perhaps plan something to look forward to after school.
- Is there something in particular that is worrying your child about school? Do you have a relatively quiet home environment in comparison to a busy and often noisy school environment? Identifying and pinpointing key things can be useful to enable us to put things into place to support your child further.
- Try arranging opportunities for your child to have play dates with children in their class out of school. Try suggesting opportunities for children to come for tea, go to the park or do other activities together. It will give your child a baseline for discussion in school with their peers and provide valuable time to get to know one another better.
- Play teachers and schools at home! Pretend to be teachers and make your own classroom at home! Sensitively tackle any areas that you know your child struggles with so that they can act it out and talk about it in a more comfortable environment at home
- Consider whether a transition object might support your child at school. Something like a special toy, photo or small blanket can be really reassuring for children as it provides a link between home and school.