



## SETTLING INTO SCHOOL

Starting school brings about big changes for all the family. You might be feeling excited for your child, a little nervous perhaps and no doubt you will have a few worries too.

Even if your child does not display signs of anxiety, most children will be a little apprehensive about starting school. It will be a very big change from the routines they have been used to, whether they have been at home with you or in a nursery, pre school or other child care setting.

Below are some tips to help your child cope with this new chapter in their life.

- Your reassurance is vital. Don't laugh of their worries, as things that seem obvious or silly to an adult can seem like huge obstacles to young children.
- If you are feeling a little nervous about the transition try not to show it, your child will most certainly pick up on your mood.
- Try to be strict with bedtimes during the week. Tired, grumpy children are harder to manage so make sure your child gets to bed on time, particularly in those first few weeks.
- Socialising with other children is a key part of school. Don't worry if your child does not know other children in the class, with support your child will soon begin to mix with others and form friendships.
- Remember that a little organisation can go a long way to help ease your child into the new school routines. It is also an opportunity for your child to learn new skills such as being responsible for their own belongings e.g. reading folders, books and water bottles.
- Children have little sense of urgency and are easily distracted away from the important stuff like finishing their breakfast and cleaning their teeth. In the early days give yourself plenty of time so you can start the day calmly.
- Finally remember that if anything is causing you concern it is important that you share it with us. Many children experience minor teething troubles adjusting to full time education, so try not to worry too much.