

For more information, see ...

Websites/apps

www.netmums.com

- 10 Top Tips for preparing your child to start school
- Coffeehouse Chat: parents' forum
- Book reviews and starting school poems
- General advice and information about starting school/nursery

www.pacey.org.uk

(Professional Association for Childcare and Early years)

- Downloadable activity sheets
- General advice and information about starting school/nursery

Topsy and Tim Go to School

- App by Penguin Books, available on iTunes (£2.99)

www.webmd.boots.com/children/guide/reception-back-to-school

- Starting reception and back-to-school tips

www.familylives.co.uk

- Video: Preparing for the first day of school

www.huffingtonpost.co.uk/news/starting-school/

- Articles about starting school

Books

Lucy and Tom Go to School by Shirley Hughes

Starting School by Janet Ahlberg & Allan Ahlberg

Starting School: First experiences with Biff, Chip & Kipper by Roderick Hunt and Annemarie Young

I Am Too Absolutely Small for School by Lauren Child

New experiences: Where's my Peg? My First Day at School by Jen Green

Topsy and Tim Start School by Jean Adamson & Belinda Worsley

Harry and the Dinosaurs go to School by Ian Whybrow & Adrian Reynolds

Starting school

There are lots of **changes** for your family when your child starts school...



For parents...

It marks a big milestone where you will need to:

- cope with a new routine
- trust other people to look after them and 'let go'
- meet other parents and make new friends
- get to know and work with school staff

For your child...

It begins a stage where they will need to learn to:

- be more independent
- make new friends
- get used to new adults
- develop lots of new skills



What can I do to help prepare my child?



→ Talk about what will happen and what to expect when they start school.

→ Encourage them to pretend their teddy or doll is starting school, leaving them and then coming back.

→ Be prepared for children going back to more babyish behaviour (e.g. bedwetting, thumb-sucking) for a short time – this is normal.



→ Encourage your child to draw a picture or think of something to take their teacher.

→ Arrange to meet up with other parents and children – including if possible any children who are starting at the same nursery.



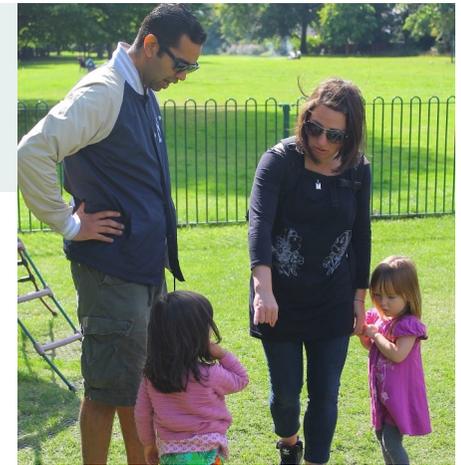
→ Get a book from the library about starting school and talk about the pictures or read it to them.



→ Plan short trips to the school playground. Talk about what they can see, and tell them that the teacher is really looking forward to seeing them.

→ Try to get them used to other adults looking after them for short periods

→ Play pretend schools, with your child being the grown up. Use humour to make it fun!



→ Be prepared for your child having outbursts or crying. You don't need to stop them – it's a way of them unloading their worries. Let them cry, and comfort them.

Try to stay calm yourself – don't let them see that you are upset.

