

How to help you cope when your child starts school

- ☺ You might be feeling anxious or worried about your child starting school. This is perfectly normal. It's a big life change for you as well as your child.
- ☺ Talk to other parents who are going through the same thing.
- ☺ Be aware your child may become upset and need you to comfort them. This will pass.
- ☺ Talk to your child's teacher about your concerns.
- ☺ Try hard not to show your child you are anxious or worried as he/she will pick up on this.
- ☺ Try to have a short positive good bye routine so that your child knows you are leaving and then go! Saying a long goodbye will make it harder for both you and your child.
- ☺ Most importantly, plan to do something nice with a friend the day your child starts school.
- ☺ Most schools have a dedicated member of staff who is employed to support parents in many ways. You can speak to your school's Parent Support Advisor about any issues, concerns or worries you may have.

This is the voice of the local schools, pre-schools and nurseries in the Calne area

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Starting School

Top Tips and ideas to help your child prepare for starting school



Starting school is a big step for both you and your child. There is plenty you can do to help your child settle and enjoy school.

Schools will invite you and your child for a visit. This will give you and your child the opportunity to meet the teacher, see the classroom, make new friends and get to know the routine of the school day.

To help your child, talk about how he/she may be feeling about school. It is natural to feel excited as well as worried. You can help your child by talking about the things they will enjoy and the people they know at school and the people they will meet.

To help prepare your child for starting school you can read books about starting school, play 'pretend schools' with your child and try on the new school uniform.

Things you can do to help your child settle into school

Ways to help your child enjoy school

- ☺ Encourage your child to share and take turns.
- ☺ Have conversations with your child. Listen to your child and encourage your child to talk with you.
- ☺ Enjoy books and stories together.
- ☺ Sing nursery rhymes and songs together.
- ☺ Encourage your child to paint, glue, draw and build.



- ☺ Explore the outdoors with your child
 - look for mini beasts, jump in the puddles etc.
- ☺ Encourage your child to be active
 - running, climbing, jumping, hide and seek, playing with balls.

- ☺ Encourage your child to make marks for writing - writing the shopping list with you, writing birthday cards.
- ☺ Encourage your child to count lots of different things.
- ☺ Write your child's name on his/her lunchbox
- ☺ Write or sew name tags onto uniforms and PE Kits.



Encourage your child to do as much for themselves as they can

- ☺ Dress and undress on their own, practise putting on and taking off their coats, tops, trousers, shoes and socks.
- ☺ Go to the toilet on their own and manage wiping themselves clean and washing their hands.
- ☺ Practise eating packed lunches and working out how to manage food wrappers and using cutlery.
- ☺ Recognise their own clothes, lunch box and other belongings.
- ☺ Recognise their own name when they see it.



Encourage your child to experience different things and cope with changes

- ☺ Eat with people other than their family.
- ☺ Visit lots of different toilets to try out and talk about the different ways of flushing toilets, turning on taps and drying hands.
- ☺ Let the boys have a go at using a urinal!
- ☺ Go to different places -the library, swimming pool or family fun days.
- ☺ Talk to unfamiliar adults - the dentist, shop assistants or children centre staff.

