

Top tips for parents and carers

Starting school is a big and exciting step. Every child settles in differently, but a little preparation can make a big difference.

Talk About School

Help your child feel confident by:

- Talking about school in a positive way
- Reading books about starting school
- Looking at photos or visiting the school together

★ *Children feel more relaxed when they know what to expect.*

Build Independence

Practising everyday skills helps children feel confident:

- Putting on coats, shoes and jumpers
- Using the toilet independently
- Managing lunchboxes and drinks

✓ *Independence is one of the biggest confidence boosters.*

Make It Familiar

- Visit the school, playground or local area
- Attend transition or stay-and-play sessions
- Encourage your child to notice familiar places and people

★ *Familiarity helps children feel safe and settled faster.*

Support Friendships

- Arrange playdates where possible
- Encourage sharing, turn-taking and conversation
- Remind your child they will make new friends

 *Even one familiar face can make a big difference.*

Work with the School

- Share anything important about your child
- Check how the school communicates with parents
- Ask questions — no concern is too small

 *Strong communication helps everyone support your child.*

Get into a Routine

- Practise getting ready in the morning
- Talk through what the school day might look like
- Expect your child to feel tired at first

 *New routines take time to settle into.*

Be Prepared

- Label all clothing and belongings
- Practise eating and opening lunch items
- Set up school apps and systems early

 *Being organised reduces stress for everyone.*

Expect Big Feelings

Starting school can bring:

- Excitement
- Nervousness
- Tiredness

★ *This is completely normal — reassurance and consistency really help.*

Give It Time

- Every child settles at their own pace
- Try not to compare your child to others
- The first term is a period of adjustment

♥ *Things usually improve quickly with time and support.*

Final Thought

You know your child best—and school staff are there to help.
Working together will give your child the best possible start.

Need more support?

Speak to your school or local Family Hub for advice, guidance and resources.