



Starting School

Think about your morning routine. Practice this as a household in the holiday so it's not a nasty shock in September!



Share information with your new school setting about any additional needs, e.g. medical/ SEN, so they are able to help you with this.

Giving your child a small, discrete object from home (transitional object) to take to school may help them to settle and feel safe in their new environment. Ideas could include:

- A piece of tactile fabric sewn in the cuff of a school jumper or kept in their pocket.
- Spraying fragrance associated with home onto school uniform or on a hanky or wash it in a familiar laundry product.
- Attach a small photo keyring to their trousers/ skirt.
- Wearing a friendship bracelet.

Try your new uniform on. It might feel a little strange at first!



Help your child to create a list of things to find out about during transition visits / meetings



Practice your journey to school. Where is it safe to cross the road? Who will you travel with?

BBC Bitesize has lots of videos and practical advice for parents and children starting school. They will help you to talk to your child about what they're looking forward to and what they might be anxious about.

