

## Top Tips for Getting Ready for School



Chat with your daughter about starting school. *What does she think it will be like? What is she most looking forward to? Is there anything she is unsure or worried about?*

Find photographs of you and other family members at school and share happy memories.

Read books about starting school (see booklist).

Organise a playdate with some of the girls that will be in your daughter's class.

Practise the morning routine, including getting dressed and eating breakfast in time to leave. Practise the school run so that you are both prepared for the school morning journey.



As the start of term approaches, try to get into the school routine, so your child gets used to getting up, going to bed, and having meals and snacks at the times they will on school days.

If your daughter has naps, it would be wise to try phasing this out. Maybe offer a down time after lunch rather than a nap. If you can introduce the longer day before the school term starts, it should help with transition.

If your daughter is anxious, that is absolutely normal. Talk to her about what she is worried about, sometimes it can be as simple as not being able to do up her school shoes. Talk to her about all the things you know she will like. If there is a particular worry that you or your daughter has, please talk to us about it.



Have lots and lots of fun!



### LISTENING GAMES

Play some fun listening and doing games to help with following instructions. 'Simon says' or 'Can you find?' games are great for this.



### BEHAVIOUR CHANGE

It's quite common for children's behaviour at home to change when they first start school. Don't be surprised if your little one becomes more clingy, argumentative, lethargic, excitable or prone to tantrums for a while.



### CAN DO ATTITUDE

Help to develop your child's independence and a 'can do' attitude by giving them a few everyday responsibilities as they get closer to school age. Perhaps they could lay the table, feed a pet or put their own laundry away.



### FLIP TRICK

Have you heard of the 'flip trick' for putting a coat on?

Put your child's coat upside down on a table in front of them.

They can then put their hands in the armholes and flip the coat over their head – a handy way for your child to put their coat on by themselves!