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# TIPS FOR:

## SUPPORTING YOUR CHILD ON THE FIRST DAY OF SCHOOL

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### WHAT DID YOU DO OR SAY LEADING UP TO THE START OF SCHOOL?

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- Talked out exactly what would happen; bell would ring, time to learn with the kids in the class
- Discussed what they could do at morning tea and lunch time and that at break times it could be loud and busy
- Arranged a meeting place for after school
- We talked about where the toilets were

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### HOW DID YOU HELP THEM SETTLE?

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- My son had a hard time transitioning to school. Once we knew that he would be ok, and that the teachers were looking after him, we left him even if he was crying. His teacher said he would stop crying the minute we were out of sight.
- We had a drop off routine, so that she was happy when we left. We got there before the 8:45 bell and read a book with her, then when the second bell went we kissed goodbye and I left, even if she asked me to stay, I would go. I knew she was happy and safe in the class.
- My son had a special comfort toy from home that stayed in his schoolbag, but he knew it was there if he needed it. He never did though.