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# TIPS FOR: SURVIVING THE FIRST FEW WEEKS . . .

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## TIREDNESS . . .

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- Much earlier bedtime was necessary (and still is)
- Try to keep after school free of activities and keep weekends as quiet as possible
- Sometimes we would have a quiet activity after school and let him fall asleep if he needed to

## LUNCH AND AFTER SCHOOL SNACKS . . .

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- I gave him a snack after school and he finished whatever was left in his lunchbox
- We created an afternoon tea routine; high energy snacks and a chat about the day
- Vary the lunch so it is interesting and they look forward to it each day

## FITTING IN READING HOMEWORK . . .

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- He didn't want to sit down and draw or colour in, but now he loves sitting reading his book to me. It is good quiet time for after school.
- Try to do reading before dinner if you can, otherwise it gets busy and can be too rushed
- If they are too tired to read to you, then you read the book to them and ask them to point to the words for you.

## OTHER BITS OF INFO THAT HAVE MADE THE TRANSITION TO SCHOOL SUCCESSFUL . . .

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- Lots of talk about school/friends/teachers, and being positive about learning
- For boys – show/explain how to use a urinal.
- Be on time to pick them up after school. A small delay causes lots of anxiety
- Read story books about starting school. There are lots of them in the public library
- Have a 'getting ready' chart for the mornings so it limits the rush and stress to get out the door
- Visit the school on the weekends and play on the playground