

## **WHAT CAN YOU DO AS A PARENT TO ASSIST YOUR CHILD WITH THE TRANSITION PROCESS??**

- Attend Orientation sessions
- Ask a teacher at your early childhood setting if any other children will be attending your Child's school. If so ask if they can arrange for get together for you to meet.
- Attend a playgroup at the school.
- Visit the school after hours – play on the play equipment –walk around the grounds and familiarise them with the setting.
- Give your early childhood setting teacher permission to send information about your child to the school.
- If your child has additional needs or you have concerns about your child settling into school – make an appointment with the principle and teacher.
- Come to the school morning tea.
- Make contact with parents during orientation and organise a get together in a park. (contact list out the front)
- Make some time to get to know other children and their families – **FRIENDSHIPS / RELATIONSHIPS** are a key element in a child's ability to settle in to school.
- If your child is having trouble settling or separating from you when they start school – make time to speak to the principle and teacher and develop strategies that will help with this process.
- Talk to other parents – you will find that you are not alone in fears and anxieties for your child.
- Join the P&C or Fundraising committees and become a part of the school community
- **TALK TO YOUR CHILD ABOUT STARTING SCHOOL.**  
Talk about their fears, anxieties and excitement.
- **DON'T OVER DO IT** – They are getting the “your starting school soon – how exciting” from family and friends etc. It becomes overwhelming for them.
- **LISTEN** to them - don't discount their fears.
- Talk about routines such as going to the toilet, lining up in the mornings, sitting at desks etc. The research has shown that children are most concerned about who they will play with (friends) and **THE RULES.**
- If in doubt **ASK.**