

# Preparing for your child's first day at school...

## In the weeks leading up to your child starting school:

- Help familiarise your child with the school environment and the travelling to school procedure by taking regular walks or drives past the school.
- Arrange play dates with other children going to the same school. This will help familiarise your child with their peers and is a great way for families to connect.
- Label all of your child's belongings.
- Ensure that your child 'wears in' their school shoes prior to their first day. Velcro shoes may be easier for them to manage.
- Encourage your child to wear their uniform at home before they start school. It is important that they are able to manage zippers and buttons when going to the toilet.
- Discuss with your child what to do if they have a toileting accident. It is a good idea to put a labelled spare set of clothes in their school bag (include underwear and socks).
- Purchase food containers, a lunch box and a drink bottle that are easy for your child to open independently. Encourage them to practice using these before their first day.
- Place a raincoat or small umbrella in your child's school bag.
- Encourage your child to practice packing and unpacking their school bag.
- Purchase a school bag that is a suitable size for your child, easy to open and easily identifiable.
- If possible, have a spare hat and school jumper/jacket at home as these are often items that children leave behind at school.
- Discuss with your child possible scenarios that may occur at school and problem solve solutions together. For example, what to do if he/she needs to go to the toilet during class time.
- In the weeks leading up to school establish a morning and bed time routine. Try and encourage your child to go to bed at a reasonable hour.
- Pack your child's healthy snacks and lunch the night before and refrigerate to avoid rushing in the morning.



## On your child's first day of school:

- Ensure your child has a healthy breakfast.
- Encourage your child to brush their hair and teeth and go to the toilet before leaving home.
- Encourage your child to apply sunscreen every morning. Sunscreen sticks are a useful way for them to manage this independently and can be taken to school in their school bag.
- Discuss with your child where you will be standing to collect them in the afternoon. Ensure that you arrive on time.
- Ensure that your child's enrolment form is up to date and any necessary changes are made.
- Ensure you have confirmed before and after school care arrangements and that your child is familiar with the facilities, how they will get there and who will pick them up afterwards.
- It is important that you remain positive about your child starting school.

From birth the opportunities, relationships and experiences that children engage in influence their social and emotional well being and long term educational outcomes.

Nurturing and stimulating environments in the early years encourage children to explore, problem solve and be independent, capable and confident people.

Families have an important role in providing a supportive social environment where emotions are talked about and supportive adults discuss feelings, ways to regulate emotions and appropriate ways to solve conflict. For more information on ways you can support your child's development prior to starting school visit: [www.transitiontoschool.com.au](http://www.transitiontoschool.com.au).

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