

5 tips FOR STARTING SCHOOL CALM

Starting school is a major emotional journey for you as the parent and for your child.

Here are a few ways that you can help to prepare your child for the transition.



1. Normalise change

Help your child to view the change of starting school as a normal part of life. Remind them of the changes they have already experienced and how well they have managed them.



2. Read books about starting school

Reading books about starting school is a great way for children to think about the day and start to understand what school will be like. Books also help to articulate what your child may be feeling about the day. Great books can be found at your local library or on Youtube and can include titles like: **The Kissing Hand** by Audrey Penn, **I am too absolutely small for school** by Lauren Child, and **First Day Jitters** by Julie Danneberg.



3. Practise and play

Practise helps with many things including school readiness. Try a practise run of getting into school uniform, packing the bag and heading off to school. You can practise saying goodbye, and practise saying hello again and asking about their day. You can do this as imaginary play games, or real life run throughs that might even include parking outside the school gate and pretending to go inside. You could even ask your child to have a turn at being **your** teacher in a game!



4. Talking about feelings

Help your child to identify how they are feeling in a variety of situations. Help your child to name their emotions and talk them through how to manage when they have big feelings. You may find books such as the **When I'm Feeling...** series by Trace Moroney helpful.



5. Staying calm

Parents often fall into a nervousness on their child's behalf. Parents wonder how their children will cope—will the teachers look after them? Will they make friends? All emotions are contagious, so it's important to focus on how you are feeling as the parent. Keeping yourself calm is an essential way to help your child be calm. Take a few deep breaths, go for a brisk walk or exercise before waking your child for the day. And after you have done the drop off on day one, give yourself some time to reflect and respond to all that you are feeling and get ready to be calm again at pick up.

To find out more or to book a school tour
www.ics.nsw.edu.au/enquiries or call 4239 5200



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