Starting school: tips for families

Small things that help in the weeks before and after the first day

1. **Talk about it, a little and often**
   Mention school in everyday chat, without making it a big event every day.

2. **Visit together**
   Go to any open days or visits the school offers, or walk past and look at the playground.

3. **Read stories about starting school**
   Your library can suggest picture books about a first day.

4. **Practise the routine**
   Try the morning routine, the lunchbox and the walk or drive in the weeks before.

5. **Name everything**
   Label clothes, bags, lunchboxes and drink bottles with your child's name.

6. **Say goodbye, then go**
   A short, warm goodbye with a promise of when you will be back usually helps.

7. **Expect tiredness**
   Many children are very tired in the first weeks. Early nights and quiet afternoons help.

8. **Ask the school**
   Every school does things its own way. Ask about times, lunches, uniforms and visits.