

General tips for preparing your child for starting school

Labelled uniform

Label every item of your child's school uniform with their full name. This will avoid expensive uniform getting lost and also make it easier for your child to identify their own uniform when getting changed for PE (don't forget to label hats, gloves, shoes and coats too!)

Getting dressed

During the summer holidays encourage your child to get dressed and undressed independently. This will help them feel less anxious when getting changed for PE.

Using the toilet

Teach them how to use the toilet and to clean themselves afterwards independently. Of course the teachers and staff will be there to help if your child has an accident, but with lots of children in the class and lunch and play times too, they need to learn this essential life skill fast.

Hand washing

Explain the importance of hand washing and teach them how to do it properly, using soap, washing both sides of their hands and in-between their fingers, before drying. In the first year of school there are lots of new bugs that go around and children pick these up so easily from each other due to close contact and poor hygiene, which is inevitable to some degree but good hand washing really helps them out



Talk to an adult if they are upset

Encourage them to take any concerns and needs to a grown up and not be worried to speak up about anything. Children get upset about lost coats, a missing drawing, a child who knocked them over accidentally etc and teachers can and will resolve these problems for them if they let them know.



On their first day

Try not to cry in front of them as this will upset and confuse them, especially as you've been telling them how great big school is and that they will love it! Nearly all children who come to school crying on their first day stop soon after their parent has left. If needed, say goodbye and go and have a good cry outside with a friend!