

HOW TO HELP YOUR CHILD IN THE FIRST YEAR AT SCHOOL

1. Aim to have your child at school by 8.55am. Running late, and entering school after the day's activities have begun, can be upsetting to a beginner and disruptive to the class.



2. Try to leave quickly once your child is in the classroom. Your own happy confident farewell will help him/her to settle. Please also be sure that your child knows about return arrangements. These help him/her to feel safe.

3. Please make sure your child is picked up from school on time. Initially this will be at the classroom door at 3.30pm. School days for Preps during February will be Mondays, Tuesdays, Thursdays and Fridays. Prep children will not attend on Wednesdays.
4. Name everything that your child brings to school – clothing, lunch boxes, bags, plastic bottles, storybooks, toys, balls etc. While children are welcome to bring things to school to show others or to use at playtime the school cannot accept responsibility for children's treasures. Expensive toys, books etc. are brought to school at the child's own risk.
5. Train your child to eat their school lunch independently by making sure he/she can open and close containers and unwrap food packets. Please provide a lunch box and drink bottle that fit easily into his/her school bag. Talk about the difference between 'playtime' and 'lunchtime'. Show children what food you have packed each morning and say when you expect it to be eaten. Don't be surprised in your child's normal healthy appetite deteriorates a little during the first few weeks of school. This is not unusual with beginners and usually returns to normal if little or no fuss is made.
6. Ensure your child can go to the toilet by themselves and und/do up any buttons or zips.
7. Encourage the qualities of responsibility and persistence in your child. Children need to be responsible for their own belongings at school and to share in the cleaning up after activities. Praise persistence in your child. Children who never finish the things they start can have problems at school, where new tasks are often based on the completion of earlier ones.
8. Show an interest in work brought home, and display it in a special place.
9. Recognise and praise your child's efforts. Aim at helping him or her surpass their own previous achievements rather than competing with others.
10. Provide language experiences for your child through discussion, nursery rhymes, songs and stories. It is important to read books to him/her.



11. Understand the importance of play. Provide materials which stimulate creative play. Encourage your child to play with other children.
 12. Teach your child to cope independently with taking clothes on and off, particularly coats, art smocks, shoes, socks and clothing with button or a zip. Begin teaching them to do up shoe laces, and turn clothing through to the right side.
13. Some children become very tired, and perhaps a little irritable, particularly during the first few weeks of adjusting to a new routine. They will need extra understanding from parents at this time.
 14. Parents have to be prepared for school too! – prepared for the fact that they may miss their children greatly. They may also have to be prepared for their children to announce another source of wisdom in their life! When children have developed a secure relationship with their teacher, and have made friends, minor problems seem to solve themselves. If a problem persists, don't hesitate to talk to the teacher.

