



When you collect them from nursery/school give them a big hug. Talk to them and remind them that you came back, just as you said you would.

Talk to your partner and agree on your approach to starting school (particularly if you are not living together, as routines may be different).



For more information, see...

### Websites/blogs

[www.mumsnet.com/education/primary/starting-primary-school](http://www.mumsnet.com/education/primary/starting-primary-school)

[www.netmums.org.uk](http://www.netmums.org.uk)

[http://www.huffingtonpost.co.uk/2015/06/17/starting-school-preparing-your-child-for-the-first-day-at-school\\_n\\_7386390.html](http://www.huffingtonpost.co.uk/2015/06/17/starting-school-preparing-your-child-for-the-first-day-at-school_n_7386390.html)

[www.separateddads.co.uk](http://www.separateddads.co.uk)



# First days at school

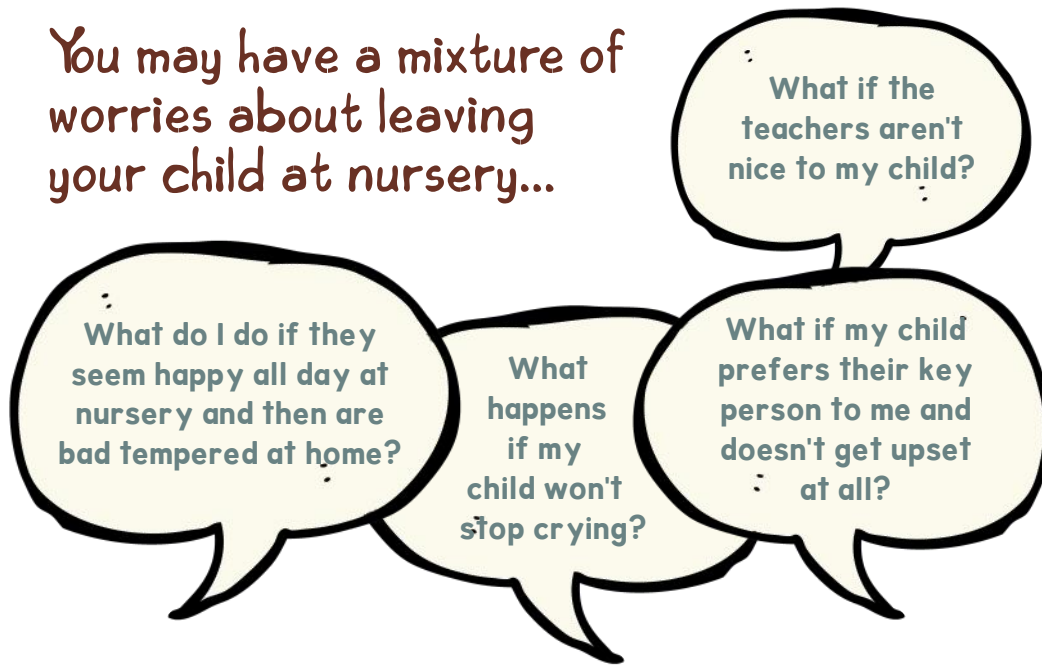
Starting school can be exciting, but it can also be a time of uncertainty for both children and parents.



Common sources of anxiety for children can be not knowing what to expect/what will happen instead of familiar family routines.

Many parents feel guilty and worried that their child will feel abandoned and upset.

## You may have a mixture of worries about leaving your child at nursery...



Here are some tried and tested tips for your child's first day at school...



→ If your child is nervous, tell them "I know you've got some worries inside but I know you can be brave."

→ Consider arriving early to give them more time to settle in

→ Talk together about what's going to happen during the day

→ Arrange for them to take in something to comfort them, e.g. a favourite toy or piece of cloth



→ Try to be calm and confident yourself. If possible don't cry in front of them – but you can have a good cry after you've left them!

→ Always say goodbye (don't sneak out) and keep your departure short, firm and sweet (don't take too long).

→ Build in a 'goodbye' routine. For instance...

- They hang their coat up
- Take them to the activity/carpet
- Kiss goodbye and wave from the door.

This routine will shorten over time. You could make up a special goodbye handshake or silly parting ritual, e.g. tugging your ears.

→ Tell them when you will see them again e.g after lunch and playtime, and talk about something nice you can do together then.

→ Be prepared for your child having outbursts or crying. You don't need to stop them – it's a way of them unloading their worries. Let them cry, and comfort them.

