

For more information, see ...

## Websites/apps



[www.netmums.com](http://www.netmums.com)

- 10 Top Tips for preparing your child to start school
- Coffeehouse Chat: parents' forum
- Book reviews and starting school poems
- General advice and information about starting school/nursery

**Topsy and Tim Go to School**

- App by Penguin Books, available on iTunes (£2.99)

[www.webmd.boots.com/children/guide/reception-back-to-school](http://www.webmd.boots.com/children/guide/reception-back-to-school)

- Starting reception and back-to-school tips

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

(Professional Association for Childcare and Early years)

- Downloadable activity sheets
- General advice and information about starting school/nursery

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

- Video: Preparing for the first day of school

[www.huffingtonpost.co.uk/news/starting-school/](http://www.huffingtonpost.co.uk/news/starting-school/)

- Articles about starting school

## Books



**Lucy and Tom Go to School** by Shirley Hughes

**Starting School** by Janet Ahlberg & Allan Ahlberg

**Starting School: First experiences with Biff, Chip & Kipper** by Roderick Hunt and Annemarie Young

**I Am Too Absolutely Small for School** by Lauren Child

**New experiences: Where's my Peg? My First Day at School** by Jen Green

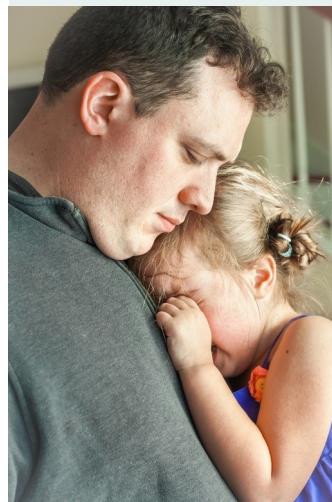
**Topsy and Tim Start School** by Jean Adamson & Belinda Worsley

**Harry and the Dinosaurs go to School** by Ian Whybrow & Adrian Reynolds

Tips for parents and carers

# Starting school

There are lots of **changes** for your family when your child starts school...



## For parents...

It marks a big milestone where you will need to:

- cope with a new routine
- trust other people to look after them and 'let go'
- meet other parents and make new friends
- get to know and work with school staff

## For your child...

It begins a stage where they will need to learn to:

- be more independent
- make new friends
- get used to new adults
- develop lots of new skills



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# What can I do to help prepare my child?



→ Talk about what will happen and what to expect when they start school.

→ Encourage them to pretend their teddy or doll is starting school, leaving them and then coming back.

→ Be prepared for children going back to more babyish behaviour (e.g. bedwetting, thumb-sucking) for a short time – this is normal.



→ Encourage your child to draw a picture or think of something to take their teacher.

→ Arrange to meet up with other parents and children – including if possible any children who are starting at the same nursery.



→ Get a book from the library about starting school and talk about the pictures or read it to them.



→ Plan short trips to the school playground. Talk about what they can see, and tell them that the teacher is really looking forward to seeing them.

→ Try to get them used to other adults looking after them for short periods



→ Play pretend schools, with your child being the grown up. Use humour to make it fun!



→ 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.

Try to stay calm yourself – don't let them see that you are upset.