

Supporting Your Child's Transition to School

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Glen Education and Ormond Primary School acknowledge the Traditional Owners of the land on which we are meeting.

We pay our respects to their Elders, past and present, and the Aboriginal Elders of other communities who may be here today.

Agenda



Introduction

Self Care

Why is school transition important?

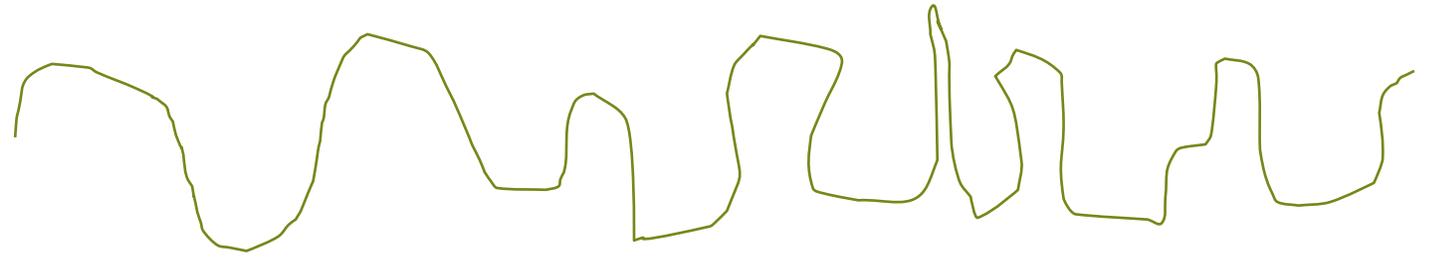
How to support your child in the **years before** school

How to support your child **during** the transition to school

First day of school and beyond

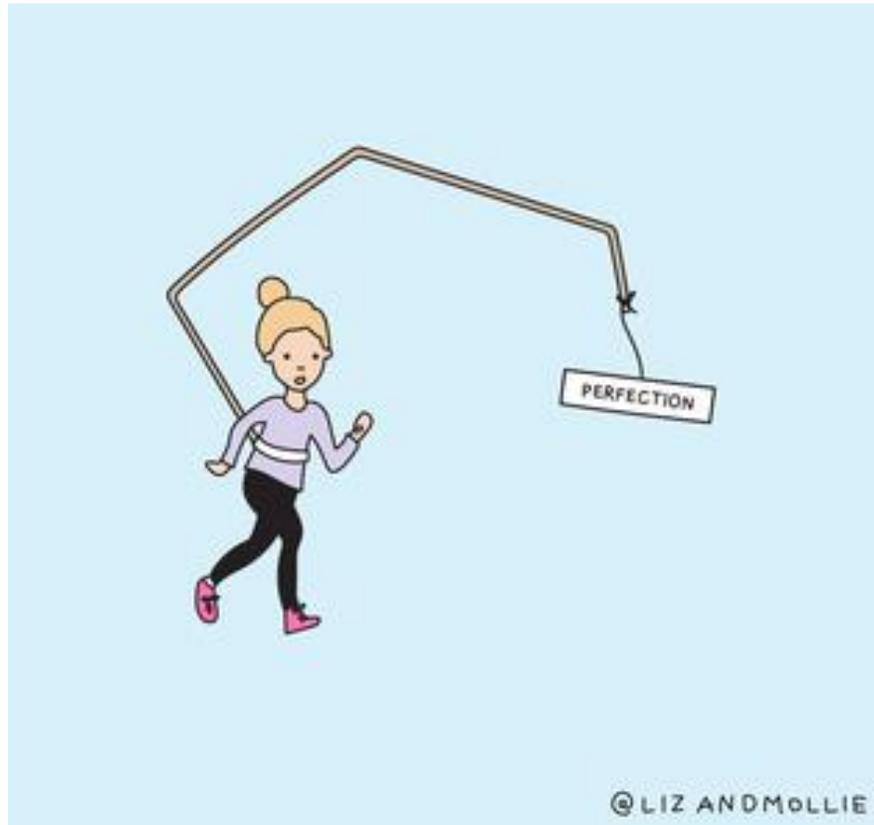


A bit about me



Self Care

- It's not a race!
- Parenting is a bumpy road



Why is school transition an important process?

- Starting school can be exciting for young children!
But it can also feel daunting and overwhelming.
- Mixed feelings – different for different children, different on different days!
- New world
 - *new environment, new teachers, new peers, new expectations, new social issues, new daily schedules.*
- New skills – need to be taught (repetition) and supported

How to support your child during the years before school

- It's not a race!
- Encourage independence
 - *Dressing, toileting, washing their hands, opening and closing lunch boxes and water bottles, opening/unwrapping food, **asking for help**.*
- Encourage Social development
 - *Turn taking, sharing, waiting, co-operating with peers,*
- Encouraged, support and role model **self-regulation**
 - *Disappointment, frustration, joy, mistakes*

How to support your child during the years before school

- Praise the effort
 - *“Have a go”, growth mindset and power of “yet”*
- Mistakes are magical
 - *Modeling mistake, **asking for help**.*
- Encourage self-responsibility
 - *Putting things away at home, everything having a home helps independence/expectations, helpful home, help find lost things, “what do we need to leave the house?”*
- Routines reduce stress
 - *Understanding what we need to do and when eases the unknown. Predictable routines dinner, bath time, quiet play, books, bed time.*

How to support your child during the transition to school

- Support curiosity but leave the ABCs and 123s to school
 - *Read to your child regularly and support curiosity.*
- Talk about school - Positive attitude about school but it's not Disneyland
 - *Measure your enthusiasm, be realistic.*
- Parent anxiety is real – fake it until you make it
 - *Try not to discuss your negative school experiences in front of your child, or your worries for your child. **You trust that they will be okay at school.***
- Practise going to school in the summer holidays
 - *Show where school is, try on uniform, talk about new arrangements if before or after care will be used, use Teacher's name and other school names, practice using lunchbox.*

First day of school and beyond tips

- Be prepared for mixed feelings – connect & acknowledge but keep moving
- Lay out clothes night before
- Help your child pack their school bag
 - *Snack, water bottle, lunch, hat – spare underpants and clothes in plastic bag (point it out)*
- Ensure your child knows **who** will take them to school and pick them up on the first day, and **where** they will be picked up from.
 - *“Dad will pick you up from the front gate near your classroom”*
- Say goodbye confidently – a quick, confident goodbye may help them to feel secure and reassured that you trust that they will be okay at school. **And take care of you!**

First day of school and beyond tips

- End of the day – let your child share **if they want to**.
 - *Often later in the night children share their day*
- “3 things that made you laugh,
2 things that you found interesting and
1 things that you might try differently tomorrow/1 thing that you might improve on tomorrow.”
- Prepare for “coming undone as the day is done”
 - *Big feelings and home is a safe place for those feelings*

More tips

- Be ready for the fatigue!
 - *Bring forward dinner (or big afternoon tea & small dinner), Avoid afterschool activities for Term 1 (& Term 2)*
- Organise playdate or play in the park with their new friends
 - *Friend groups can be very fluid for many years in school. Any concerns to the teacher not the other parent.*
- Label clothes and belongings
 - *time poor tip = focus on hats, jumpers and jackets, lunchbox and water bottle.*
- If you have concerns about your child academically or social/emotionally, book a time to talk to their teacher.
 - *Teachers are there to help but please book a time to talk*
 - *Remember teachers don't work in front of a computer so give them time to respond to emails too.*

Beyond

- Have routines and schedules visible for child to see

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						 Dinner with Grandparents



GOOD THINGS
TAKE TIME



JUST BECAUSE IT
HASN'T HAPPENED YET



DOESN'T MEAN

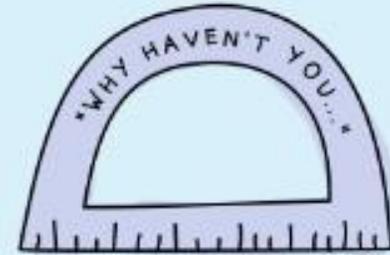
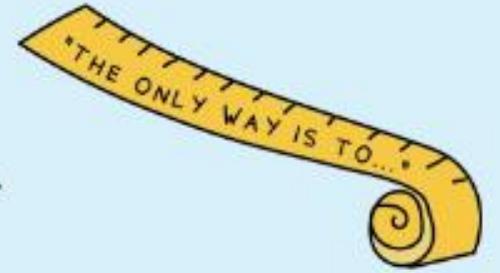
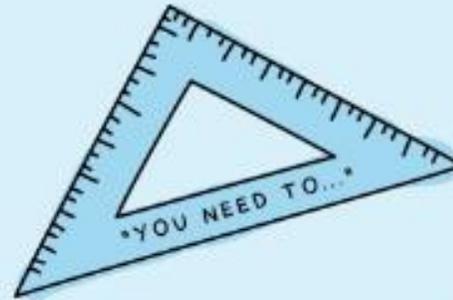


THAT IT NEVER WILL



LIZ FOSSLIE

DON'T MEASURE YOUR LIFE WITH
SOMEONE ELSE'S RULER



LIZ FOSSLIE

Thank you!

- Talk to your child's Kindergarten Teacher or Early Childhood Educator about what you can do at home to help support your child's transition to school.