

Prepare your child for school



Here are some tips to support a smooth transition to school.

- Support your child to familiarize themselves with their new school. Arrange one or more visits to the school before their first day.
- Introduce your child to their new teacher and classroom.
- Establish a routine – In the morning create a consistent schedule to ease transitions. Start adjusting sleep times a few weeks before school starts.
- Discuss expectations – Talk about what a typical day looks like. Address concerns and encourage questions.
- Discuss any worries they may have.
- Support your child to practice basic skills such as dressing, eating, and using the bathroom. Support your child with social skills such as saying please, thank you, hello, good morning and to share and taking turns.
- Encourage your child to be enthusiastic about school and learning. You can do this by focusing on fun aspects of school such as friends, activities.

For further support and advice please contact RBKC Family Hubs for information on programmes and workshops for you and your child to support with transition.

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