



Helping your child settle into Kindy

Starting 'big school' can be both exciting and a little scary for children. While the majority of children will settle in well to their new school and routine, some might also show signs that they are not coping as well as you might expect as a parent in those first few weeks.

The best thing you can do to help ensure your child has a smooth start to school is to advise the school when you enrol your child of any additional support they need or any areas of concern such as, if your child suffers with anxiety. Together with the school, you can then proactively develop strategies to manage these concerns.

What to expect and when to take action

- Expect them to show some tiredness or irritability. It's the middle of summer so children are hot and sweaty and waking up early to go to school where they are busy learning new routines. Tantrums are also common.
- It is understandable you want to hear all about their day and ask questions like "what did you do today?" and "who did you play with?". Expect the responses "nothing" and "no one" - neither of which is true of course, but children often can't recall specific activities and likely don't know the names of other children yet. Don't bombard them with questions; instead ask them to tell you one great thing that happened at school that day. Having dinner together in a device free zone is the best thing you can do at this time in your child's life to help encourage them to talk to you about their day and any worries they might have.
- Take the pressure off them when they get home and allow them to just relax. Don't plan a lot of activities after school as they need this time to unwind, however, keeping routines is also important.
- It takes time to adjust and for children to learn and navigate their new school environment so don't be alarmed if they tell you that they don't like school or want to go to school occasionally. Have a discussion about what they don't like about school and if it relates to friendships, give them some suggestions to help them make some new connections such as:

- take a ball or skipping rope to school and invite others to play with them
- approach group of classmates playing and ask "can I play with you?"
- tell the teacher they don't have anyone to play with and ask for help

You can also take a proactive approach and lead by example by making connections yourself with other parents in your child's class and arranging play dates to facilitate friendships.

- If any problem continues and/or your child displays a genuine reluctance to go to school or a change in behaviour that concerns you, arrange to have a discussion with the classroom teacher as soon as possible so that together you can identify any problems and work towards a solution.



For more information about transitioning to school visit:

www.cbsp.catholic.edu.au/parent-resources

www.partners4learning.edu.au