

# Preparing for the First Day of School



## BE CALM

Your child will take their lead from you and be reassured if you are steady and matter of fact



## BE POSITIVE

Remind them of all the ways they have learnt to keep themselves safe, washing their hands, sneezing and coughing into their elbows, keeping not hugging others and big spaces around and staying in their own space.



## BE SUPPORTIVE

Young children may suffer from separation anxiety and become clingy or tearful. Reassure them you will miss them during the day and you will be waiting for them at hometime.



## BE CURIOUS

Listen to your child and don't dismiss or minimise their worries. Validate how they are feeling. "It's really fine to feel like that"



## BE THANKFUL

Help your child to think of things they might look forward to., Remind them of favourite activities in school and of meeting their friends and teacher.



## BE PREPARED

Talk to your child about new routines and hygiene practices in school such as keeping apart, staying in their bubble, not sharing pencils., playing just with their own class. and telling an adult if they feel sick

