

Parents, Let's Get Ready for Your Child Starting School

Starting school is a big time in the life of your child and for you too as a parent, a successful transition to school can help your child to settle into school and will strengthen their development in all areas.

Let's talk about feelings and emotions



- Talk with your child about how they are feeling.
- Give an opportunity for them to express themselves.
- Explain that you hear any concerns and that you understand why they are feeling that way.
- You may not have the answers and this is ok, listening is the most important thing you can do.
- Share your own feelings with your child in a calm manner, when you are calm it will help them to calm too.
- Use positive language when talking about the move to primary school.

Let's set ourselves up with a good routine

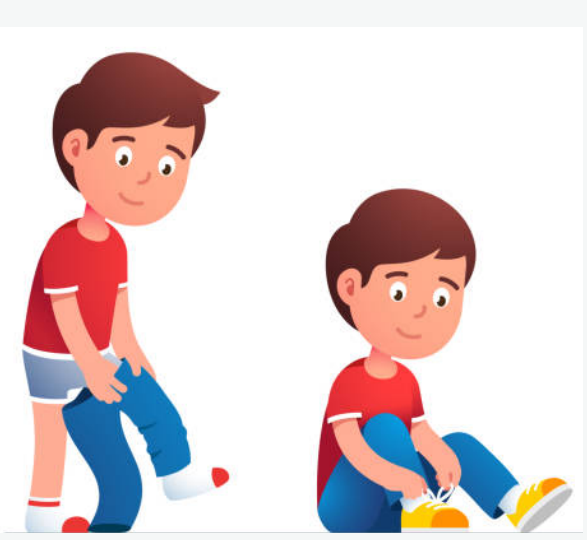
Children like routines, having a routine helps them to feel safe and secure. Start to get yourself and your child back into a routine as soon as possible by:

- Going to bed a little bit earlier each night and wake a little earlier in the morning.
- Encourage your child to get dressed for the day ahead, the way they will need to when they start school.
- Start to talk to your child about what the new school day routine will look like, you could even make a planner together.



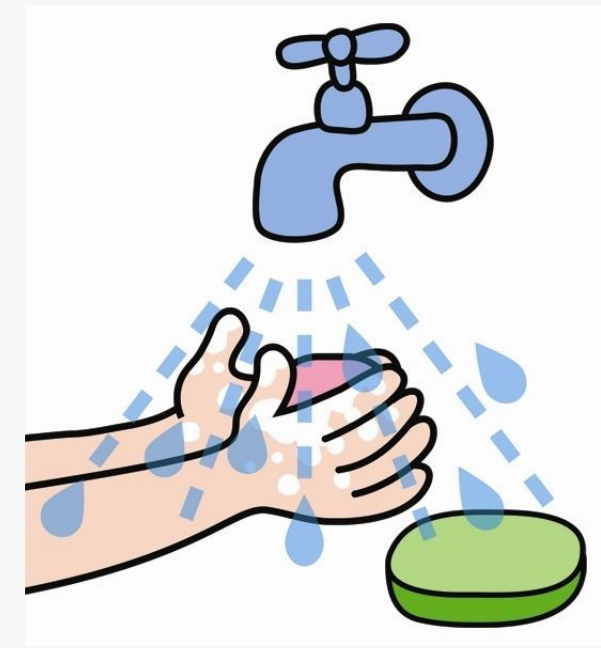
Let's Practice School Readiness Skills

You can help your child to prepare by practising some of the following things:



- Putting on and taking off the school uniform.
- Putting on and doing up shoes, where possible choose shoes that make the job a little easier – Velcro is a good option.
- Practise eating and drinking without help (unwrapping sandwiches, peeling fruit, opening and closing lunch boxes)
- Don't save the new lunch box and drinking bottle for the first day, let your child practice at home beforehand as it may take some time for them to master this skill.
- Make hand washing a fun activity, you could even sing a song such as the one below. You will find songs and pictures to help your child at www.flyingstart.ie

*“Put the soap on your hands and do the twist
Slide your fingers up and down from tips to wrist
Go all around the sides, these are the places germs can hide
one hand at a time so no - where's missed
Scrub your nails around your palm, one by one
Rub the thumbs each side, this is fun
Now turn your hands around go in - between
and up and down
Give the wrists a little twist, and then you're done”*



You will find more songs and pictures to help your child with hand washing at www.flyingstart.ie

Let's Practice Self Care

These months have been really tough for us all, self-care for you as a parent is even more important at this time. Doing something that helps you to feel better and keeps you feeling good will also be good for your child too as we are always better able to support others when we feel good ourselves.

We all have different things that help us to feel good, for some its coffee with a friend and a chat, others may prefer some time outside.

Whatever it is that you enjoy take that time for yourself !



Let the learning happen

You and your child have spent much time at home together over the past few months. Spending time with you during Covid - 19 has meant that your child has gained many new skills and has developed in many ways.

The focus now should be on settling your child into a new school and having him feel safe and secure there, in time the new learning will come.



**Remember to have fun
and enjoy this special time !!**

The **A**rea **B**ased **C**hildhood Programme

TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



An Roinn Leanaí
agus Gnóthaí Óige
Department of Children
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