

A Seamless Transition to School: Making it Great for Everyone!

The beginning of something new generally holds lots of excitement for children and family members. However the new experience also often carries with it some level of healthy anxiety or apprehension.

Children often have family members and other adults speaking in excited tones about starting school. Yet starting preschool or school can be quite daunting for young children, no matter how excited they are. Sometimes, children about to start school often make comments such as, “I would rather go back to preschool!”

To assist your family and particularly the child who is about to start this new venture, here are some simple points that you may find helpful.

- Time moves slowly for young children and they have a limited concept of time. Whilst it is okay to talk about school or preschool, don't over talk it and make it sound too special too early in January. The week before school starts is plenty of time to really start the practical preparations.
- Children starting school don't need you to teach them how to read and write and count before school starts. Allow them a relaxing holiday period with lots of play.
- Read regularly to your children and practice holding conversations so that children's language development continues to progress.
- Avoid too much screen time. Enjoy lots of fun outside in parks, backyards or at the beach.
- Ensure a regular bed and sleep routine in the last weeks leading up to school.
- Ensure children are able to dress themselves, go to the toilet independently, wash their hands and that they have some general self help skills.
- Give children practice with school or preschool bags, lunchbox lids and drink bottles so they can use these easily and independently.
- If children express anxieties about starting school or preschool, acknowledge how they might be feeling. For example, “I know, it feels a bit different doesn't it”. “I know preschool sounds better than school because you haven't been to school yet”. “It can be a little hard starting something new but I'll be with you when you start”.



- Make sure your son is familiar with urinals. Often they have only seen unisex toilets.
- Ensure you will be on time for school. That is important and helps your child settle quickly each day.
- Remember that talking too much, trying to explain everything can often overwhelm rather than help children. Preparation is best when it is in small doses, simple and not all the time.
- If you are able, it is lovely for the family to go to school for the first few days to greet the teacher and meet other parents and children. It is a special milestone in your child and family's life.
- Keep in mind that children will tire very quickly as they move through the first term. It is often very hot and children are learning and adapting to many new things. Take it easy during first term and be careful not to over schedule your children.

Transition to school becomes seamless for children and parents when the teaching and learning philosophy is consistent between the preschool and school.