

# 6 TIPS TO SUPPORT YOUR CHILD

## WITH THE TRANSITION TO SCHOOL



### 1 VISIT THE SCHOOL

Take advantage of open nights, school events, and playground visits during Term 4 or the holidays. Familiarising your child with their school, its people, and its environment can help them feel more comfortable. You might even make the school playground your regular stop during the summer break (some schools now open their playground to local community during holidays).

### 2 TALK ABOUT THEIR SCHOOL

Use language that fosters a sense of belonging. Instead of saying, “This is the school you’ll go to,” try “This is your school.” Highlight familiar aspects, like how their new school also has a playground or a teacher, just like preschool or daycare, to make the transition feel less daunting.



### 3 ARRANGE PLAYDATES

If you know which of their friends will be attending the same school, organise playdates over the summer. Mention their peers by name when talking about school to help build a sense of familiarity and reduce anxiety.



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### 4 INVOLVE CHILDREN IN BUYING SUPPLIES

Encourage your child to help pick out their school items like a pencil case, uniform, or lunchbox. Let them try on their new uniform or use their school hat and lunchbox in day-to-day activities to create excitement and help them feel prepared.



### 5 USE EVERYDAY CONVERSATIONS TO ADDRESS ANXIETY

Rather than focusing on anxiety directly, bring it up naturally through incidental situations. You could say, “I felt nervous finding a car park at the shops today, but I stayed calm and figured it out.” You can also remind your child of a time they overcame nerves, like their first day at preschool/daycare.

### 6 REASSURE WITH FAMILIARITY

Emphasise the similarities between preschool/daycare and school. You might say, “At school, you’ll have a lunchbox just like at preschool” or “You’ll have a teacher and playtime, just like before.” This helps reduce the fear of the unknown by reinforcing that school is just another learning setting they’ll grow familiar with.

