

Tips for Parents

Transition Support at home

- Using a visual on a calendar to countdown to the first day of new school

- Ideas to prepare the child:
 - Read stories about starting school
 - Talk about parents own positive experiences of school
 - Exposure to the school, walking past, pointing out children in uniform
 - Involve child in shopping for school items
 - Ask the child how they feel; if appropriate and reassure as necessary

- Support the child to be as independent as possible if required
 - Dressing/undressing
 - Fastenings
 - Toileting
 - Using a knife and fork
 - Using a tissue
 - Tidying

- Teach positive behaviour:
 - Have clear rules
 - Have a routine
 - What is right/wrong
 - Pay attention to positive behaviour rather than negative behaviour
 - Remain as positive as possible
 - Explain consequences of poor choices

- Encourage learning through:
 - Play: provide different activities e.g. arts & craft, puzzles etc.
 - Talking: talk about games, stories, while out and about, describe what you are doing
 - Listening: have quiet time, encourage looking while listening
 - Reading: read bedtime stories, show own name, go to library, point out words/signs in environment

- Writing: fine motor skill activities e.g. playdough, paint, colour, draw, using scissors
 - Numeracy: sing number rhymes, count in environment e.g. going up stairs, sorting items, point out numbers/shapes in environment, talk about size, position & time
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- Arrange play dates with children attending the same school

You do not need to do everything with your child, choose what is manageable for you as a family and for the child.