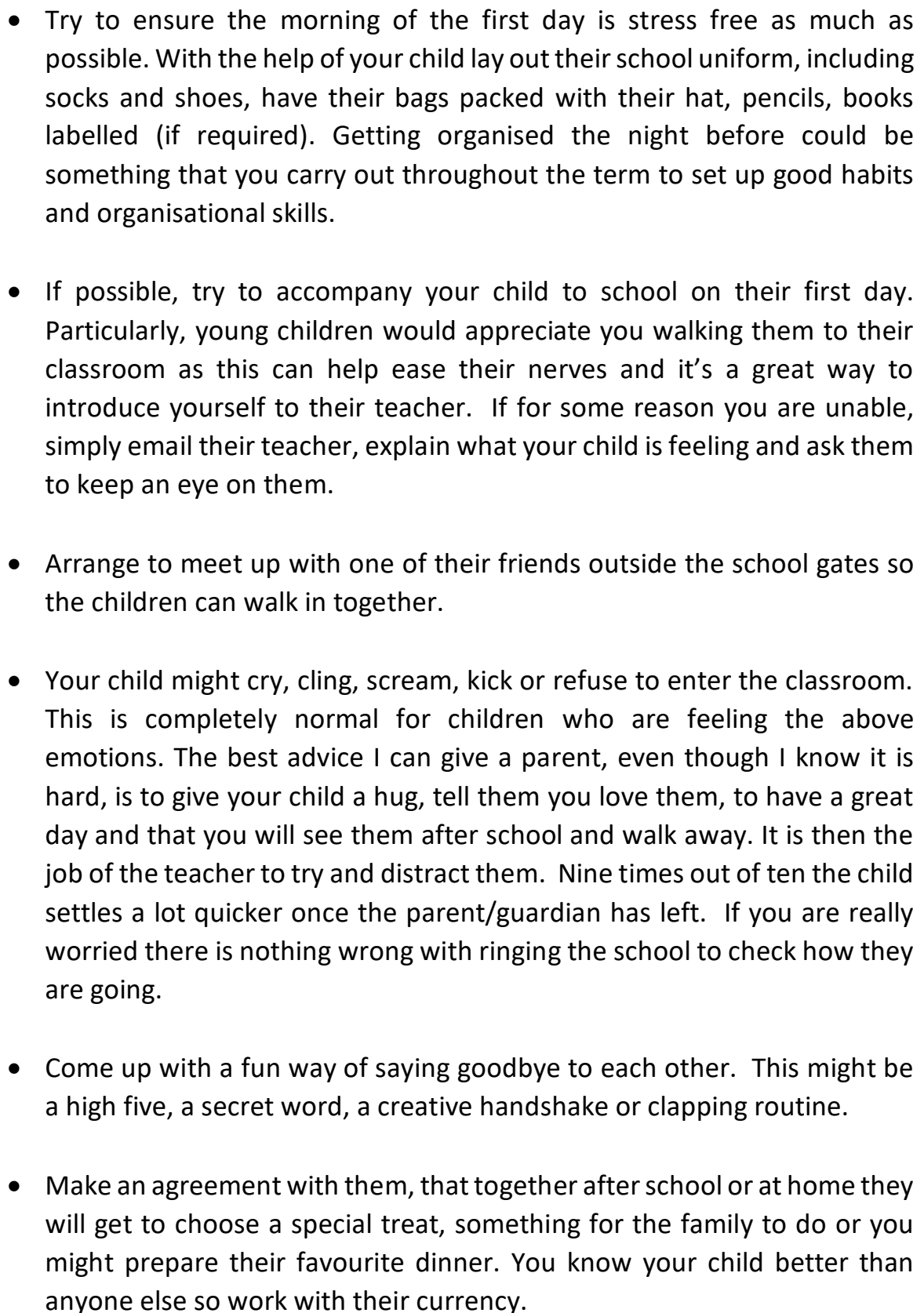


Strategies to Help Make your Child's First Day of the School Year, a Little Less Daunting.

Whether your child is starting Reception or another year level, for some children the first day, week and even first couple of months can bring up emotions of feeling anxious, stressed, nervous or scared. Don't despair, this is quite normal.

Below are some of the strategies that I, as a teacher have suggested to parents and have received positive feedback on. Some of the strategies I have tested with my own daughters. choose one or more that you think might suit your child's personality.

- Read stories that revolve around starting school or the first day of school. I suggest doing this a couple of weeks prior to the first day. Read the stories daily and discuss the storyline and look at the pictures. Your local librarian can help locate suitable material.
- Really listen to how your child is feeling and acknowledge it. Maybe get them (if they can write) to write about their feelings and together talk about other times that they have felt this way and managed to get through it. Explain how proud you were of them.
- Organise a playdate with one or more of their buddies before school starts.
- Together create a fun looking checklist for morning routines. If possible, set this up a few weeks before school starts and put the ideas into practise so that by the time the big day comes, they know exactly what to do.
- Make a shopping list together of all their favourite food (healthy) and snacks they like and go shopping together. Get them to help prepare and pack their lunch box.

- 
- Try to ensure the morning of the first day is stress free as much as possible. With the help of your child lay out their school uniform, including socks and shoes, have their bags packed with their hat, pencils, books labelled (if required). Getting organised the night before could be something that you carry out throughout the term to set up good habits and organisational skills.
 - If possible, try to accompany your child to school on their first day. Particularly, young children would appreciate you walking them to their classroom as this can help ease their nerves and it's a great way to introduce yourself to their teacher. If for some reason you are unable, simply email their teacher, explain what your child is feeling and ask them to keep an eye on them.
 - Arrange to meet up with one of their friends outside the school gates so the children can walk in together.
 - Your child might cry, cling, scream, kick or refuse to enter the classroom. This is completely normal for children who are feeling the above emotions. The best advice I can give a parent, even though I know it is hard, is to give your child a hug, tell them you love them, to have a great day and that you will see them after school and walk away. It is then the job of the teacher to try and distract them. Nine times out of ten the child settles a lot quicker once the parent/guardian has left. If you are really worried there is nothing wrong with ringing the school to check how they are going.
 - Come up with a fun way of saying goodbye to each other. This might be a high five, a secret word, a creative handshake or clapping routine.
 - Make an agreement with them, that together after school or at home they will get to choose a special treat, something for the family to do or you might prepare their favourite dinner. You know your child better than anyone else so work with their currency.

- Before you know it, your child will more than likely be skipping through the school gates and waving goodbye to you with a happy smile on their face. 😊 However, if all fails it is important to approach the teacher to come up with a plan.

Written by Tania Ivanov 2019 Copyright

Teacher, Health and Life Coach

Checkout my Facebook Page; Empowering Relationships Coaching With
Tania Ivanov

If you think this content would help others, please have them email me @

taniaivanovcoaching@gmail.com