



1 Practise the journey to and from school

2 Arrange play dates with families who will have kids at the same school

Encourage independence – skills like dressing, packing and carrying a bag, applying sunscreen and going to the toilet

3

Label all belongings

4

Talk about and practise any after school arrangements

5

6 Check start and finish times and where to drop off and collect your child

Be positive, get your child excited, and talk about any worries they have

7

Visit a library and read with your child

8

Start using the name of their new teacher to help build familiarity

9

123

10 Establish predictable routines including dinner, bath time and bed time

