

# STARTING SCHOOL

Part of the SCHOOLS' series



## She looked so little on her first day

When your child first starts school, it's a big change in your family life, especially if it is your eldest or youngest child. You may feel sad and be worried that your child will be unhappy, will not make friends, or will not enjoy schoolwork. Remember that most children love school and go on to make the most of their education.

**Free Parentline**  
0808 800 2222

**Free Textphone**  
0800 783 6783

**Website**  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**Email**  
[parentsupport@parentlineplus.org.uk](mailto:parentsupport@parentlineplus.org.uk)

 **Parentlineplus**  
because instructions aren't included  
**0808 800 2222**  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

## ↓ **Parentline Plus tips**

### **WHAT TO DO**

- ✓ Help your child to develop the skills they need to be independent, such as getting used to playing with other children, dressing themselves and looking after their possessions.
- ✓ Find out from the school how reception children are introduced to the school and what happens on the first day. Talk this through with your child so that they know what to expect.
- ✓ Talk positively to your child about starting school, as well as listening to and acknowledging any anxious feelings or fears they may have.
- ✓ Get storybooks from the library about starting school and read them to your child.
- ✓ In the week before they start school, get your child used to the times they will need to get up in the mornings and go to bed.
- ✓ Tell the school about your child e.g. any special needs, medical problems, likes or dislikes.
- ✓ Make a point of finding out more about the school – look around your child's classroom so that you know what they are doing and can talk to them about it.

### **FURTHER HELP**

#### **Advisory Centre for Education (ACE)**

Independent advice and information for parents on all matters concerning schools.

- Advice line: **0808 800 5793**
- School Exclusion line: **020 7704 9822**
- Website: **[www.ace-ed.org.uk](http://www.ace-ed.org.uk)**

\*Free from landlines and most mobile networks.

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