

5 Ways To Help Your Child Settle in School

1 LISTEN TO UNDERSTAND

Don't dismiss their concerns - help them find solutions to small worries to reduce overall anxiety.

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REHEARSE

Talk-throughs and walk-throughs help children feel prepared which builds confidence. E.g. discuss their timetable, teach them how to start a conversation, how to join groups, and how to ask for help.

3 KISS & GO

For children with separation anxiety try to make farewells brief and, if possible, alter who is picking up and dropping off.

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KISS & GO



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SLEEP & ROUTINE

Help your child get into the right sleep patterns before term starts. Establish a term-time routine such as getting bags organised in the evening. It makes for calmer mornings and signals your intent to get to school.

5 TRANSITIONAL OBJECTS

Having something that reminds them of home in a pocket can be very comforting. Touch and smell are strong anchors - a snippet of a t-shirt that smells of you and is soft often works well.

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