



Tips for Prep Transition

Whilst starting school may seem like a couple of months away, it is a huge milestone and change for both your child and your family. It is important to prepare and support your child for the change that is going to occur. Here are some things to think about and try:

- ➔ **Have your child write a letter to their teacher**, introducing themselves and asking questions they may be curious about
- ➔ **Create a social story** (ask your therapist for help if needed) about their school including pictures of their teacher, play areas and classroom. This helps to familiarise them with what to expect.
- ➔ **Visit the school** – on weekends, play on the playground or walk past at lunchtime. Make it a familiar place that they start to know their way around and feel a sense of confidence and safety.
- ➔ **Organise play dates** with children you know are going to the same school.
- ➔ **Emotional Wifi** - Be aware of your own emotions around this transition. Your child will feed off your stress, so manage this so you can be a co-regulator for your child.
- ➔ **Emotion coaching**, label the feelings your child may be having in regard to starting to school and connect with them, identifying that it is normal to feel nervous or worried.
- ➔ **Support independence** whilst at home, practice skills such as opening packets of food, zipping/buttoning jackets, packing their bag and managing containers.
- ➔ **Practice routines** prior to school starting. Begin waking up and getting dressed in time for school drop off, begin eating a snack and lunch at the approximate time
- ➔ **Play** – is a great way to explore feelings, thoughts and worries. Role play schools, asking someone to play, what to do if you fall over. Follow your child's lead and have fun!
- ➔ **Journal** – draw and write out their experiences of transition days, visits to the school and their thoughts and feelings.
- ➔ **Practice separating** – if your child has difficulty separating from you, practice this skill over the holidays in a safe and supported way. Leave your child with a familiar and loving adult for short periods, so they can develop their confidence separating from you and learn that you always come back!

For more information on supporting your child start school, speak to your therapist.