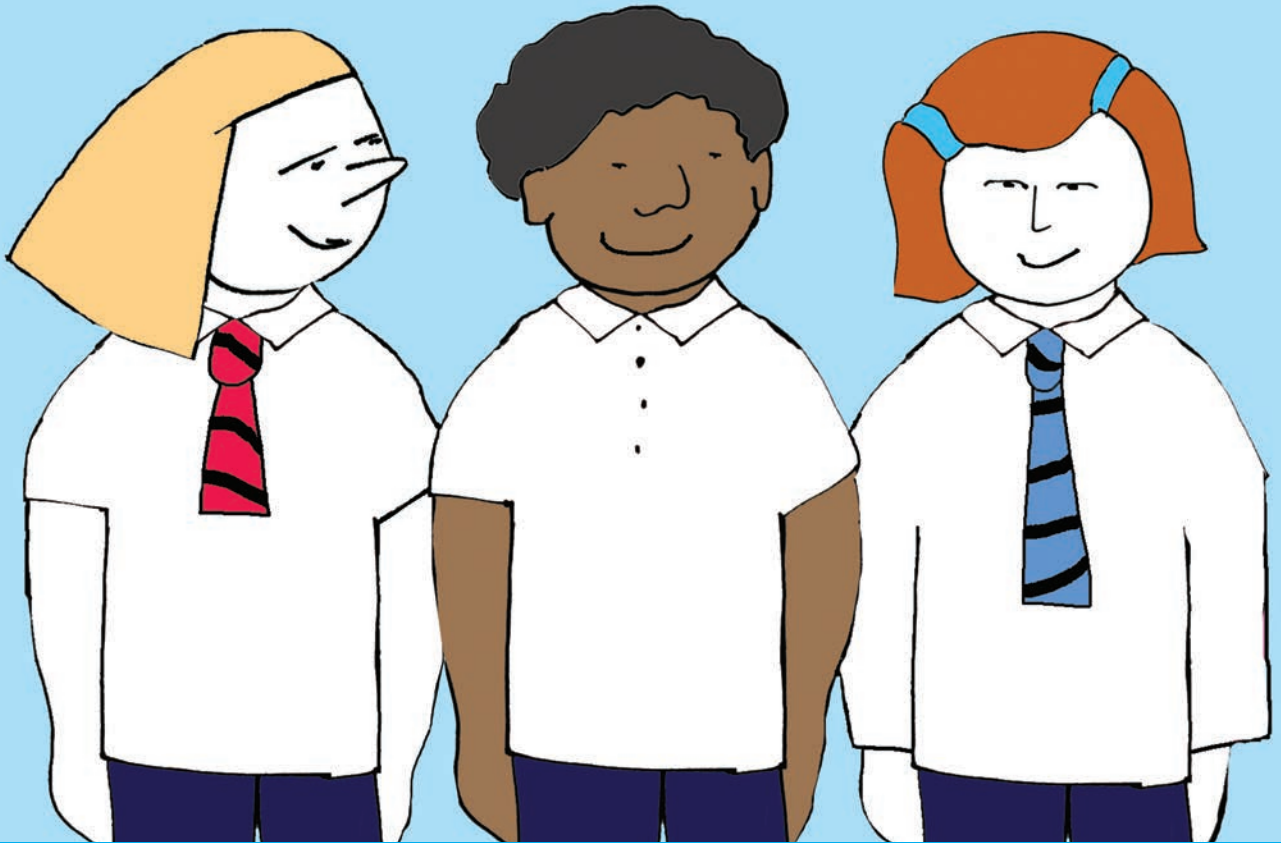


Top 10 tips starting primary school



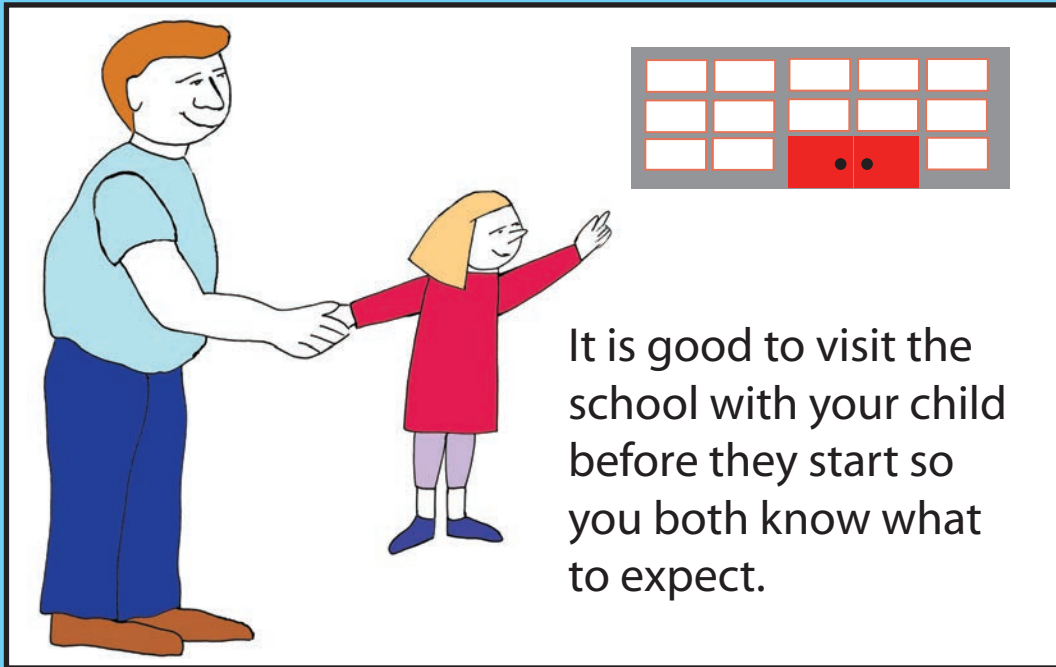
for parents and families

1

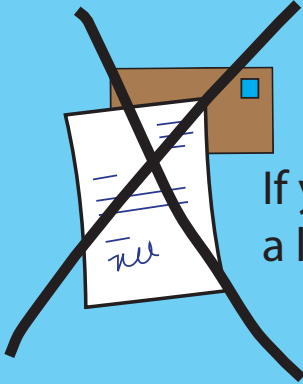
Visit the school



The school should send you a letter inviting you to visit.



It is good to visit the school with your child before they start so you both know what to expect.



If you do not get a letter.



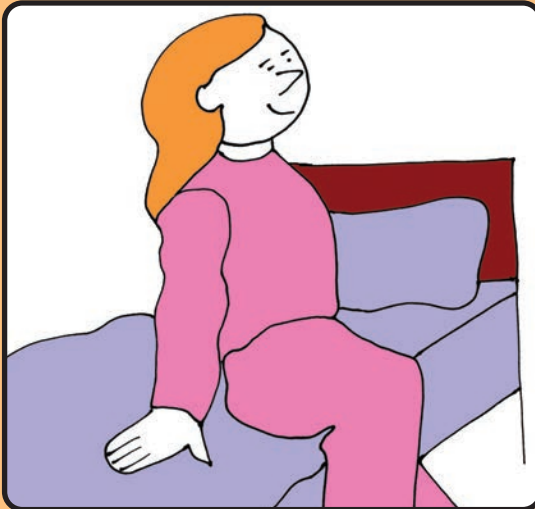
Phone the school.



The school will arrange for you and your child to visit.

2

Getting to school



Make sure that you and your child get up in time to get ready for school. It is good to have a routine.



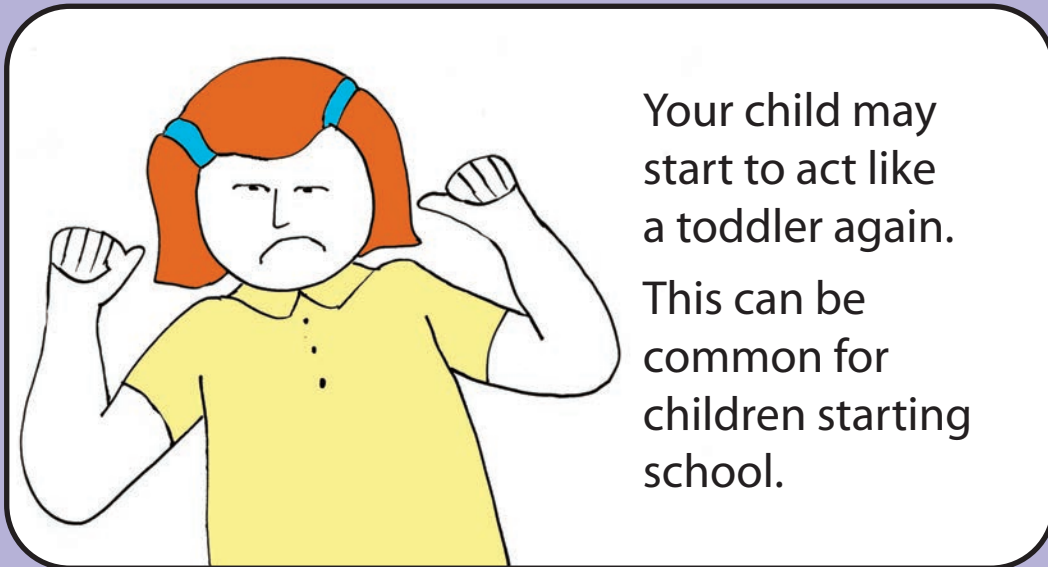
It can take a long time to get ready for school in the morning.



Make sure there is enough time to have breakfast and get to school without rushing.

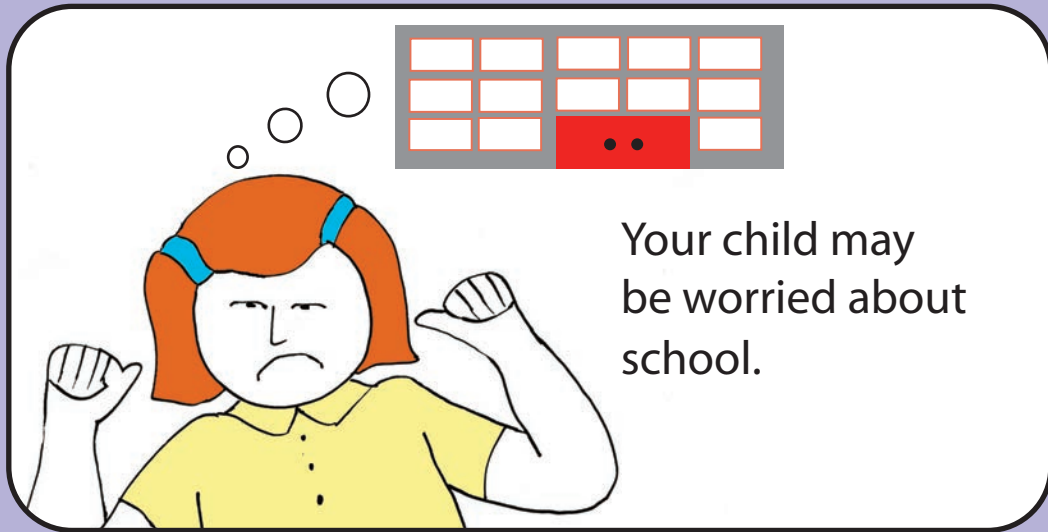
3

Keep calm



Your child may start to act like a toddler again.

This can be common for children starting school.



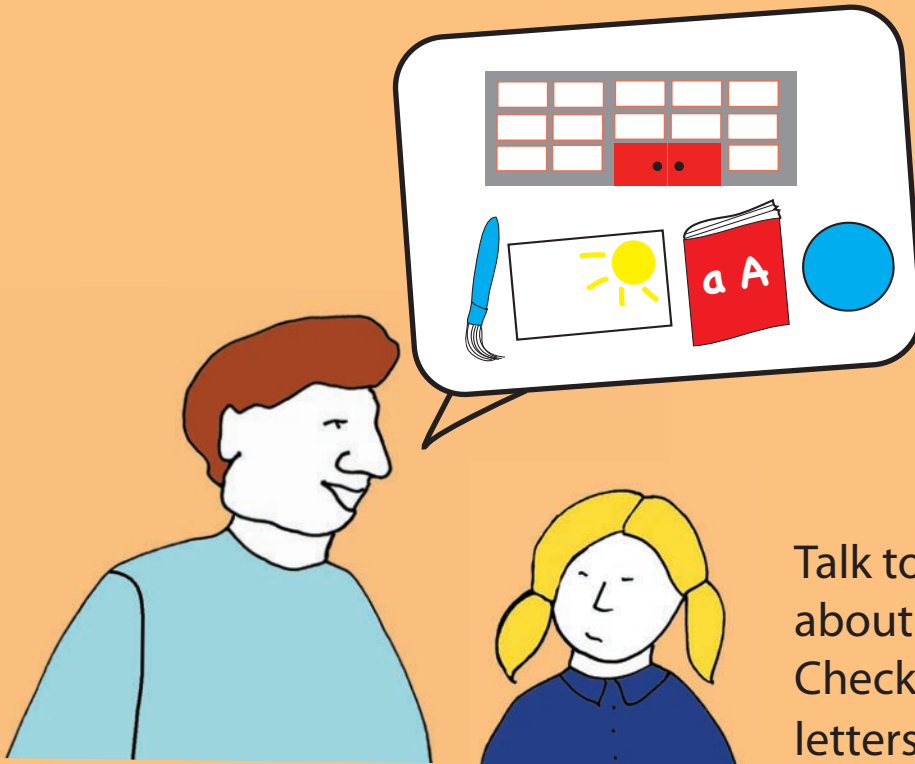
Your child may be worried about school.



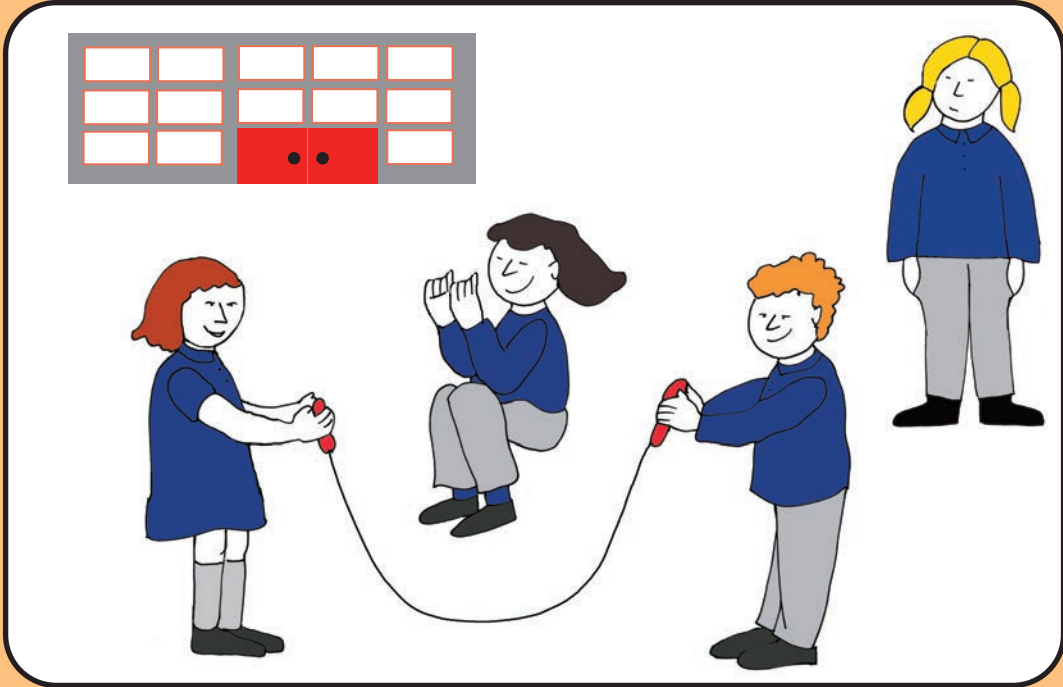
Give them a cuddle and tell them that you will help them.

4

Show interest



Talk to your child about their day. Check their bag for letters and homework.



Ask them what they like about school. This will help them tell you if there is anything they are sad or scared about.

5

After school



For young children a full day at school can make them feel tired.



Your child may show this by being grumpy or quiet when they get home.



Give them a drink and a snack. Let them relax. Read them a story and have a cuddle.

6

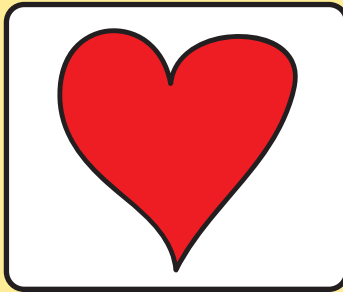
Encourage your child



Praise your child when they have done well or worked hard. This helps them to feel good about themselves.



If they have done something that you do not like, speak to them about it. Talk to them about what they can do to put it right.



Remember to tell them that you love them.

7

Spend time together

Try to do something together everyday. Think of something you both enjoy.





Just watching their favourite TV programme, reading a book together or talking to them about school.



Even helping around the house can be fun if you do it together.

8

Play together



Playing is very important, it helps your child learn new things.

It also helps them to talk and listen.

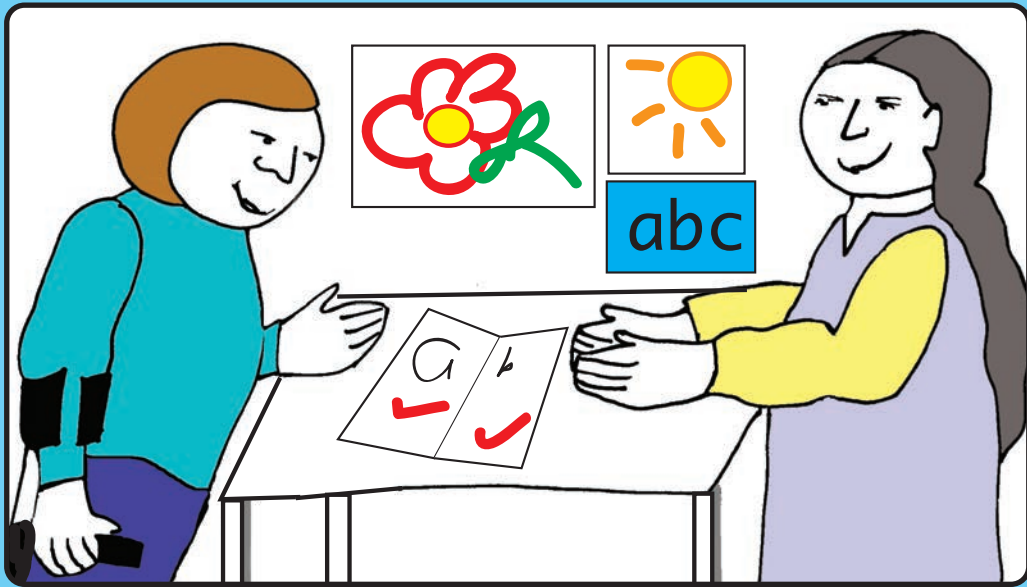


It helps them to learn how to get along with other people and make friends.

9

Talk to the teacher

Go to parents evenings. You will find out how your child is getting on. Let the teacher know if you have any worries about your child.



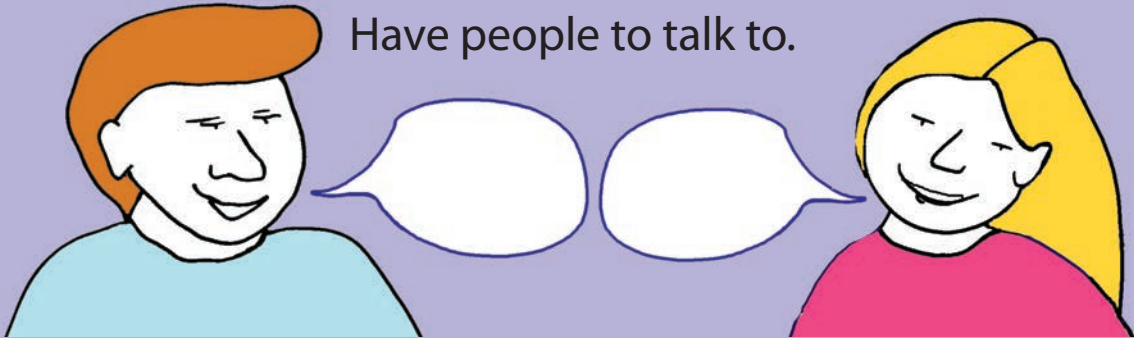
Go to other school meetings.



You can find out what is happening in school and meet other parents. It shows your child and the school that you are interested.

10

Look after yourself



Have people to talk to.



Parents sometimes need help. It is ok to ask for help.



Spend time doing
things you enjoy.
Look after yourself
as well as your child.



If you would like more information or are worried about your child there are people who can help. If you want to talk to someone you can phone any of these helplines.



ParentLine Scotland

For any parent who needs advice or support, or someone to talk to.

0800 028 2233



Lone Parent Helpline

Advice and support for single parents, including help with benefits and childcare.

0808 801 0323



Advice Service Capability Scotland

If you or your child has a disability you can phone Capability Scotland for advice and information.

0131 313 5510



The Relationship Helpline

Support and information about improving your relationships and your family life.

0845 122 8655



Starting school is a big change for you and your child. This easy read booklet is for parents who have children starting primary school.

Parenting across Scotland looks at issues that affect all parents in Scotland. You can find more information for parents on our website:

www.parentingacrossScotland.org

You can email Parenting across Scotland:

pas@children1st.org.uk

Parenting across Scotland is funded by The Scottish Government
Booklet published October 2012.

