

Starting primary school



TOP TEN TIPS
for parents and families

Starting primary school

Being a parent is not easy.

When your child starts school

it can be an anxious time for

both of you. Here are some

TIPS which you may find

helpful. Remember you are

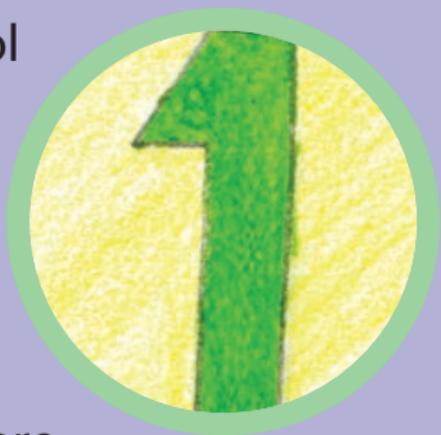
not alone, contact details of

our partners' helplines are at

the end of this booklet.

Starting school

Going to school for the first time is a big event for children. Visit the school before your child starts, schools often provide opportunities for parents and children to visit. Even though your child may not remember where everything is, at least the journey and teachers will be more familiar on their first day.



Have patience

Sometimes children's behaviour becomes babyish when they start school.



They can swing from being dependent one minute to independent

the next. Be patient with them, give them a cuddle and show a genuine interest in their worries.

Establish a routine

Mornings can be especially stressful for both of you.

Establish a morning routine and make sure your child has breakfast.

Give yourself and your child enough time to get ready in the morning especially if they are beginning to dress themselves.



Show interest

Show a genuine interest in everything your child does,

both in school

and at

home,

encourage

them to

talk to you

about how they

are feeling, but beware of

turning interest into pressure.



Encourage them

You don't need to go over the top with praise - it is often better to show interest and encouragement.



This will help them to feel confident and secure.

Don't be afraid to constantly tell them you love them.

Time to relax

When children start school the day can be very long and tiring for them - allow them time to relax when they get home. Children have a continuing need for love, support and encouragement from those who love them most.



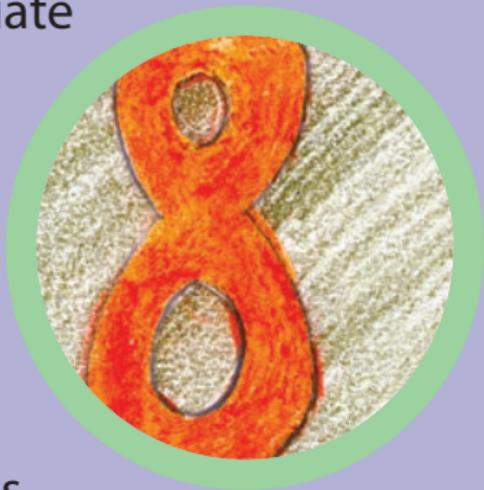
Spend time together

Try to spend even a small amount of time doing something together each day, even if this is just watching their favourite TV programme with them and talking to them about it.



Have fun

Starting school is an anxious time for all children. Having fun and playing with your child helps to alleviate some of the anxiety, and play helps children to manage new situations and develop social skills.



Talk to the teacher

Make a point of talking to your child's teacher if you are worried

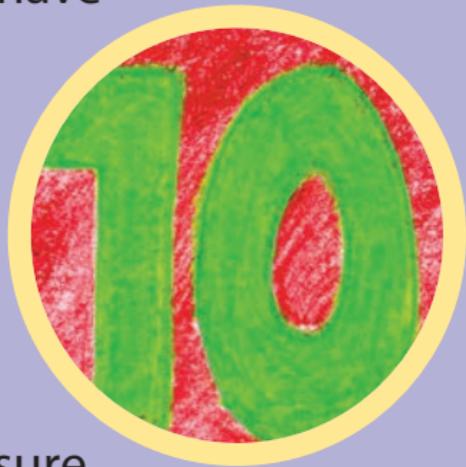


about anything at all. It's best to voice concerns early on even if you think that it's just a small

thing. Regularly attend parents' evenings and school meetings - it shows your child and the school that you are interested in how everything is going.

Look after yourself

Parents today have a difficult and complex job to do but parents don't need to be perfect. Make sure you look after yourself and have people to talk to when you need to. Try to spend some time thinking about your own life and priorities.



Where to find help:

Contact

0808 808 3555

Offers information, advice and support to parents and carers of children with any special need or disability.

www.contact.org.uk

Enquire

0345 123 2303

Practical advice and information about education and additional support for learning in Scotland.

www.enquire.org.uk

Families Outside

0800 254 0088

Support and information helpline offers help and support to prisoners' families.

www.familiesoutside.org.uk

Lone Parent Helpline

0808 801 0323

The Lone Parent Helpline provides support and advice on anything from dealing with a break-up, moving into work or sorting out maintenance, benefit or tax credit issues.

www.opfs.org.uk

Parenting across Scotland

You can access free parent resources, support networks and parent helplines on a range of topics.

www.parentingacrossscotland.org

ParentLine Scotland

0800 028 2233

For any parent or carer in Scotland who needs information, support or guidance or simply someone to talk to.

www.children1st.org.uk/help-for-families/parentline-scotland/

Scottish Families Affected by Alcohol and Drugs

08080 10 10 11

Provides support and advice to anyone concerned about someone else's alcohol or drug use.

www.sfad.org.uk

Sleep Scotland

0800 138 6565

Sleep Scotland's free sleep support line provides on-the-spot guidance to parents and guardians struggling with their children's and teenagers' sleep problems.

www.sleepscotland.org

Young Minds

0808 802 5544 parents' helpline

Information on child and adolescent mental health. Services for parents and professionals.

www.youngminds.org.uk



Parenting across Scotland

This booklet was produced by Parenting Across Scotland with support from the CYPFEIF grant from the Scottish Government.

You can find lots more information for parents on our website at:

www.parentingacrossscotland.org



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