

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

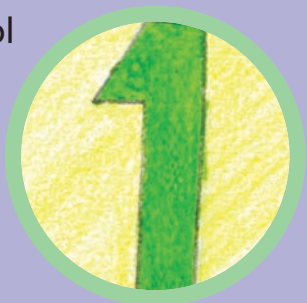
not alone, for contact details

of our free helpline see 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.



Praise them

Praise them at every opportunity.



If they do something that pleases you, tell them.

Praise and encouragement

promotes self esteem and confidence. 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.

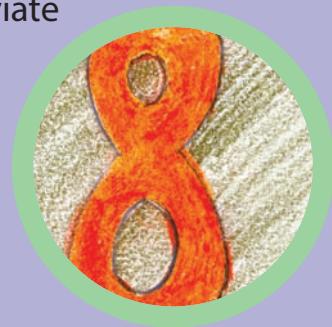
Spend time together

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.



OKtoAsk

If you need someone to talk to or require specific information on starting primary school, our free telephone helpline can help.

0808 800 2222

Lines open:

Monday, Wednesday, Friday

9am to 5pm

Tuesday and Thursday

9am to 9pm

or visit **www.oktoask.co.uk**



supporting families to support children

Parenting across Scotland (PAS) is a partnership of adult relationship and children's charities working together to provide a focus for issues and concerns affecting parents and families in Scotland.

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