



Primary School

Off to a good start

Find out how we
can support your
family



QUICK TIP

Tips on supporting your
child when they start
school

A big change

Starting primary school is daunting – both for children and their families. It marks a big change in family life, especially if it's the eldest or youngest child who is going.

You may feel sad and have all sorts of worries: will they be unhappy – or worse still, bullied? Will they make friends? What will you do with yourself once they're at school? Your child may be frightened or excited about the move to 'big school' – or totally confused about the whole thing.

Although the build-up to starting primary school may be nerve-racking, with a little planning you can help make it a memorable experience for all the right reasons.

At Coram Family Lives, we're here to help you deal with any worries or concerns at this important time. Contact us on 0808 800 2222 – our free, confidential helpline or message us on WhatsApp on 07441 444125.

Visit www.coramfamilylives.org.uk where you'll also find a wealth of articles and information on key issues including bullying and the school-home relationship.

You can join our lively online community and connect with other families at this and every stage of your child's life.



Starting school tips

Before school starts

- Most primary schools hold an introductory session for new children. This is a good opportunity for children to 'try out' the school and meet their classmates and teacher in advance of their first day. Tell the school about any special educational needs, medical problems, likes or dislikes your child has.
- If the school has a website, browse this with your child in the weeks before they start. Talk positively and in a relaxed way about starting school, share some funny stories about your time at school and listen to any worries your child has.
- Sometimes children starting school worry about things that may seem trivial, like where to put their lunchbox.
- Build your child's confidence by letting them know it's ok to ask if they're unsure about anything.
- Read some positive books about starting school together. Ask at your library for suggestions.
- Shop together for their uniform and don't leave it until the last minute, to avoid any worries about not having the right items.
- The week before your child starts school, help them adapt to the new routine by making sure they go to bed and get up earlier.

- Travel to and from the school at least once before the first day, so the journey will become familiar to your child – and you'll know exactly how much time to allow.
- Talk about any concerns you have away from your child, so he/she doesn't pick up on any negative feelings. Remind yourself that it's perfectly normal for you to feel a bit tense too.

Their first day

- Be up in good time. It may help to get their uniform ready and prepare any snacks or packed lunches the night before. Encourage your child to help you with this.
- When saying goodbye, do your best to send your child off with a smile and a wave, even if you feel upset.
- It can be difficult to leave if your child is distressed or clinging on to you. However upset they seem, most children settle quickly once left. If you're worried, call the school when you get home to check how things are.
- Make sure you arrive on time to meet your child, or even a little early. A few minutes' wait can seem like an eternity to young children.

During the year

- Try to ensure you start off on the right foot with the school. Be friendly and open in your phone calls or meetings. If you feel annoyed by anything, keep calm – remember, you'll be seeing a lot of them over the years your child is at primary school.
- Try to go to as many school meetings as you can. If you can't attend give the school a call and ask for the information to be sent to you.
- Make sure your child gives you any letters that are sent home. It's a good idea to check their book bag regularly.
- Check the school website regularly for details of any upcoming events, and try to attend as many as you can. Becoming involved in the life of the school improves the school-home relationship for both you and your child.



We understand that family life and parenting can be challenging, and we know that the right support at the right time can make all the difference.

Coram Family Lives support

Call our confidential helpline on 0808 800 2222

Monday to Friday 9am to 9pm

Weekends 10am to 3pm

Send us a message on WhatsApp on 07441 444125

Monday to Friday between 9am to 9pm

Saturday and Sunday between 10am and 3pm

Chat to us online via our website

Monday to Friday between 9am to 9pm

Saturday and Sunday between 10am and 3pm

Email us at: askus@familylives.org.uk

Online advice and resources:

Find advice, online parenting courses and our forums at

www.coramfamilylives.org.uk

We build better family lives together #WeAreCoram

www.coramfamilylives.org.uk      [@coramfamilylives](https://www.instagram.com/coramfamilylives)