

## NOTES FROM THE SCHOOL NURSE



### STARTING SCHOOL

Shyness and anxiety in new situations is common in young children. All children have to learn to cope with temporary separations from their parents. Learning to be apart can be difficult for some children. Some children adjust well initially but may show signs of being unsettled later in the term.

To help your child settle into school, try the following ideas :

- Talk and read to your child about school.
- Ensure they have all the equipment and food requirements they need.
- Develop a 'before school' routine, talk to your child about the steps and follow this routine daily.
- Once arriving at school, introduce your child to other children and settle your child into an activity. Try finding a small group of 1 or 2 other children rather than a larger group.
- Praise your child when they take part in activities therefore making it more rewarding for them to be involved in an activity.
- Spend a short amount of time with your child (teacher permitting) and talking with other adults, thereby showing your child you are comfortable in this setting.
- When it's time for you to leave, tell your child you're going now and that you will be back at a specific time, i.e. when school finishes for the day.
- Calmly and confidently say goodbye and leave.
- Don't leave without your child knowing.
- Ignore protests and don't go back.
- Discuss your concerns with your child's teacher.
- Always be there at the specified time.
- When you return to collect your child, greet them, spend some individual time with them and ask questions about their day.
- Praise your child for what they did well in the morning, i.e. for the way they joined in, the way they let go of your hand nicely when it was time for you to leave.
- Remind your child of what you would like them to do the next day.
- It's common for children to be a little clingy after being separated from a parent.