

Ready, Set, School: Navigating Your Child's First Day At School



A Parents' Guide by the London Montessorian



LET'S GET THE YEAR STARTED!



Get ready to kick off the school year with a positive start! Your child's first day of school is a significant milestone, and it's only natural to feel a bit nervous. But, fear not! This guide gives practical tips and advice to help make the transition a breeze.

So, grab a cup of coffee (or tea) and let's dive into making your child's first day at school a success!



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WHAT DO SCHOOLS REALLY WANT?



On your child's first day at school, most schools look for basic skills:

- Using the toilet independently
- Dressing and undressing by themselves
- Following given instructions
- Sitting still and focusing for a while
- Asking for help when it's needed
- Following school rules

Practising these skills with your child at home will help them have a successful start at school.



BRING UP THE SUBJECT OF SCHOOL EARLY ON

Prepare your child for their first day of school by having a productive conversation with them. Explain what school is and highlight the opportunities for growth and fun.



Address any worries they may have and read books or watch videos about classroom activities. Let your child have a role in getting ready for school, establish routines, and take a tour of the school before the big day.



EXPLORE SCHOOL ROUTINES AND PRACTICE THEM



One way to achieve this is by practising school routines. Establishing a regular schedule, practising getting ready, transportation, social skills, and encouraging independence are some tips to help your child adjust better.

Additionally, using a visual schedule and starting early, a few weeks before the first day of school, can be beneficial.



PAY THE SCHOOL A VISIT

Help your child feel more comfortable on their first day of school by taking a tour of the site. Book a visit to the school and meet the teacher, tour the classroom, playground, and toilets.



Get the teacher to run through the day's plan and take pictures to help your child remember what they observed. This will help your child feel more at ease and prepared for the transition to their new classroom.



READ BOOKS ABOUT SCHOOL



Reading books about school with your child is a great way to ease their anxiety and prepare them for their first day. Choose age-appropriate and interesting books, discuss them together, and focus on the positive aspects of school life.

Look for books that address your child's unique concerns and revisit their favourite books. Help prepare them by reading a school-themed book every night before bed in the weeks leading up to school.



GET ORGANISED

Firstly, create a checklist to ensure your child has all the necessary items for school. Labeling your child's belongings with their name can prevent them from getting lost. Establishing a routine before the first day can also ease stress and make mornings smoother.



Going over the school calendar together and planning for lunches can also be helpful. Lastly, ensure your child gets plenty of rest in the days leading up to school, as sleep is crucial for learning and growth.



BUILD A POSITIVE ATTITUDE



Help your child feel excited about starting school. Discuss the benefits like making new friends and learning. Highlight the exciting opportunities at school. Share your own happy school memories. Encourage independence and confidence in decision-making.

Practice positive self-talk to help them overcome challenges. Reward good behaviour to reinforce positivity. This way, you can build their confidence and enthusiasm about the new school journey.



DISCUSS THEIR FEELINGS



Prepare your child emotionally for school. Listen and acknowledge their feelings. Share your experiences and how you managed change. Teach them coping techniques for stress like deep breathing and positive self-talk. Give a comforting object like a family photo.

Plan a special after-school activity. Show your unwavering support and maintain positivity. This preparation helps your child handle their first-day emotions, easing their transition to school.



GET INTO THE HABIT OF DOING SCHOOLWORK

Prepare your child for school by setting up a routine. Plan specific 'work' times for learning. Provide a quiet workspace with the necessary resources. Be available to answer questions and guide them. Make learning enjoyable with games and hands-on activities.



Recognise their successes to boost their self-esteem and motivation. Establishing a practice routine before school starts can enhance their performance and develop crucial lifelong learning skills.



PRACTICE SEPARATION



Help your child practice separation before their first school day. Start early, with short separations from a trusted friend or relative. Gradually extend these times to get them used to longer separations. Build trust with the caregiver. Use positive language to reassure them about your return.

Recognise their successes to boost their self-esteem and motivation. Establishing a practice routine before school starts can enhance their performance and develop crucial lifelong learning skills.



ABOUT THE LONDON MONTESORIAN

The London Montessorian is an expert in Montessori education with 15 years of experience as a Montessori Head of Early Years, director of education, and teacher. She's admired for her modernised Montessori approach and gentle, nurturing teaching style.



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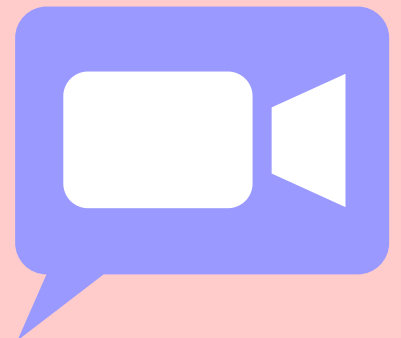
THANK YOU!

Thank you for Reading 'Ready, Set, School:
Navigating Your Child's First Day at School'

I truly appreciate the time and effort you have put into understanding the challenges of homeschooling. It's a path filled with unique obstacles, and it's crucial to have someone in your corner who understands and cares. If my guide has resonated with you and you are seeking tailored advice to enhance your homeschooling approach, I'm here for you. Book a personal call with me, and together we can discuss how I can help meet your specific homeschooling needs. Your journey matters, and I'm committed to supporting you every step of the way.

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