

Helping your child settle in to a new school...

Parents, family members, and friends play a key part in helping a child to be ready for change. Being prepared and ready to give reassurance are important to your child's success. Most children feel a mixture of excitement and anxiety before starting a new school, but then settle down quite happily. Allow time for this to happen, and be ready for a few bumps.

Some things that can help include:

- Visit the school with your child to meet teachers beforehand. We will be arranging an open house for parents, students, and the community in August.
- Find out which teacher to contact, as well as when and how to do so. They can help you with questions or problems.
- Give the teacher and office advance notice of any special needs your child has, so that teachers can be ready with any support that is needed.
- Remain calm and cheerful when tempted to fuss! If you are anxious, your child's anxiety will be increased, also. It is natural to feel some anxiety, but it is important to keep things in perspective.
- Acknowledge any feelings of nervousness your child may have. Try saying, "it's only natural to feel nervous" rather than "don't be silly, there's nothing to worry about."
- Talk about school with your child beforehand. Discuss any worries, and think about whom to ask for information or advice if needed. For example, "what happens if I get lost?"
- Look through the school handbook together to check rules and procedures.



Be open to discussing how your child feels throughout this process. Children all experience change differently. Your child may even react differently than you anticipated. Accepting those feelings and listening will make the transition easier!