

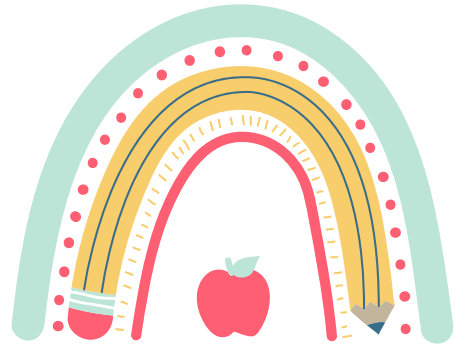
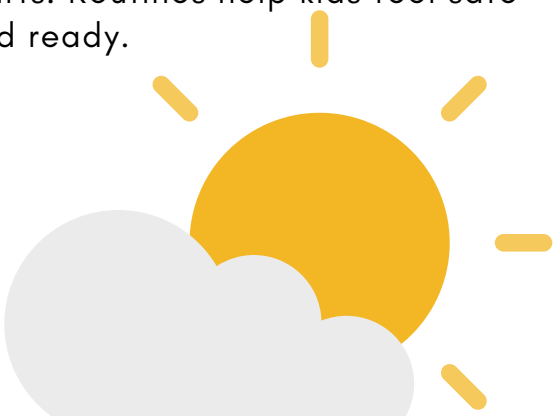


HELPING YOUR CHILD GET READY FOR SCHOOL



PRACTICE NEW MORNING ROUTINE

Start waking up, getting dressed, and having breakfast at “school time” about a week before school starts. Routines help kids feel safe and ready.



TALK ABOUT WHAT TO EXPECT

Use simple, positive language to describe what school is like, discussing things like story time, making friends, and learning new things.

USE “FIRST-THEN” LANGUAGE

Young children feel more secure when they know what will happen next. Use simple phrases such as like: First, you’ll go to school. Then, I’ll come pick you up.



LABEL FEELINGS AS THEY COME UP

If your child says they’re scared or sad, that’s okay! Name the feeling and remind them it’s normal to have big emotions about new things.



SAY GOODBYE WITH CONFIDENCE

Even if your child is upset, a calm and loving goodbye helps them learn that school is a safe place and you’ll be back soon.

GIVE YOUR CHILD A “COMFORT ITEM”



Ask if your child is allowed to have a comfort item in their backpack during the day, such as a small stuffed animal, photo, or note in the backpack. These little connections can help with separation.



CELEBRATE THE FIRST DAY!

Take a photo, draw a picture, or talk about your child’s favorite part of the day. Help them feel proud and excited about this big step.



BE PATIENT WITH THE ADJUSTMENT

The first few weeks can be tiring or emotional, that’s normal. Offer comfort, keep routines consistent, and celebrate small wins!