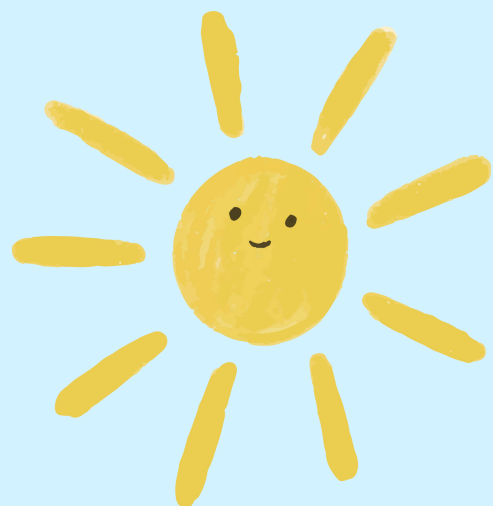
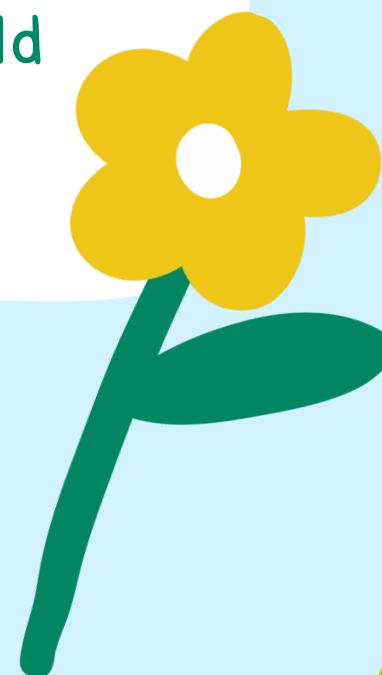
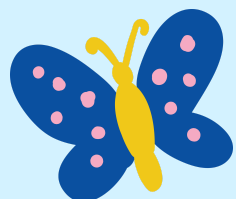
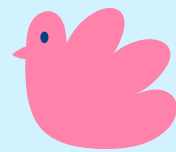


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Starting School

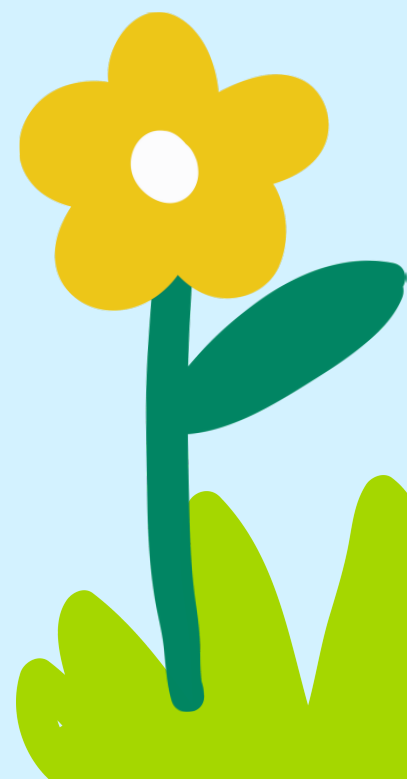
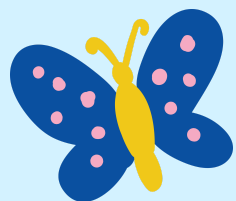
An inclusive guide for
supporting your child

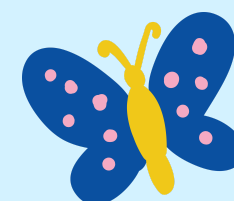
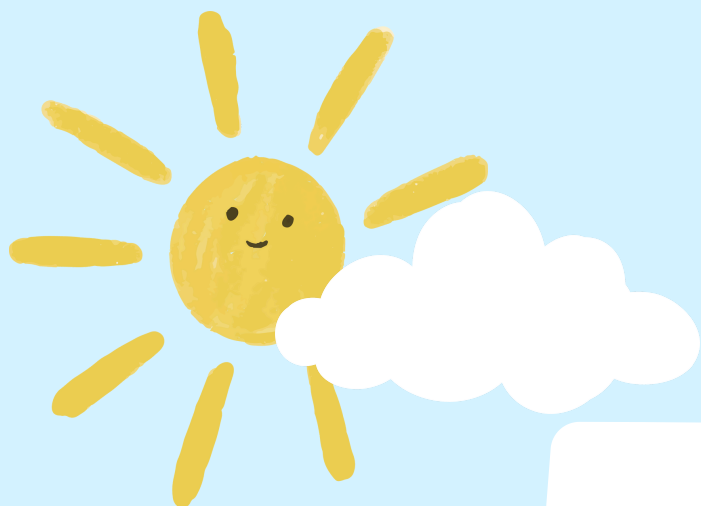




Talk About It

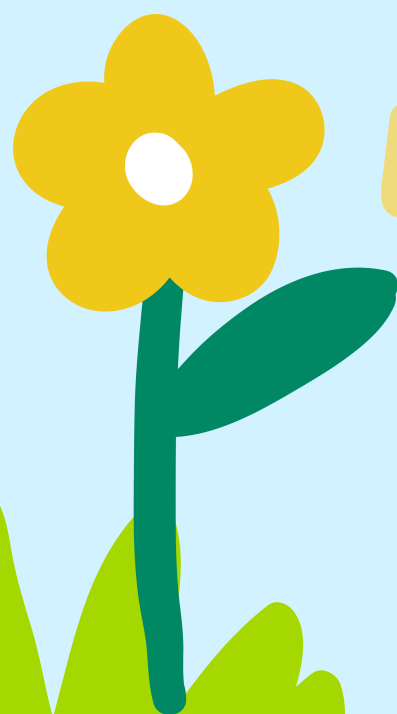
- Be positive when speaking about school.
- Tell your child what your favourite things about school were.
- Relate school subjects/ activities to your child's interests (eg. if your child likes football, talk about the schools PE hall).
- Tell them their teachers name.
- Reassure your child that there are people in school who are there to help them.
- Try find out your child's particular concerns (eg. making friends, managing the toilet, managing the playground, keeping up with instructions).





Get Them Involved

- Familiarise child with school building (walk or drive by their school and point it out to them, tell them the school's name).
- Visit school website and look at relevant photos and videos.
- Try on school uniform in advance.
- Involve your child in choosing a school bag, lunch box and/ or pencil case. Alternatively, you could decorate these items with your child if you have them already (eg. decorate lunchbox with stickers).

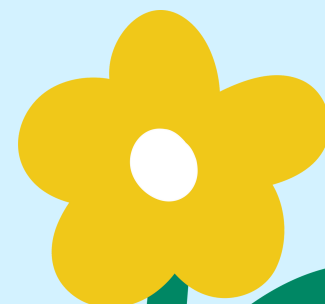
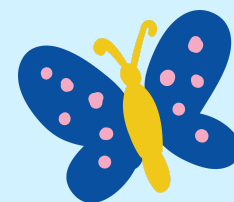


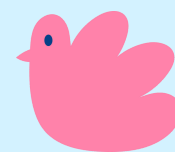
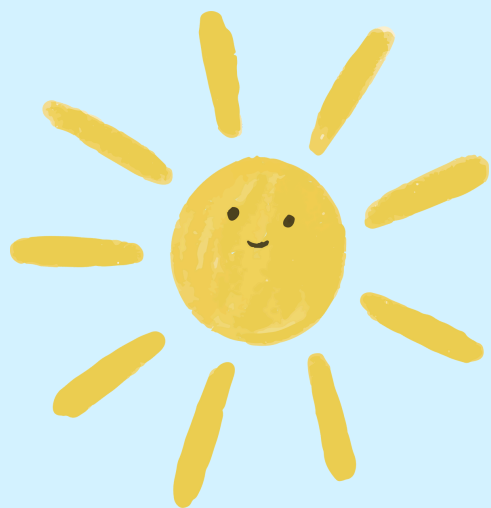


Read Stories About Starting School

- Llama Llama Misses Mama by Anna Dewdney
- Topsey and Tim Start School by Jean Adamson
- Harry and the Dinosaurs go to School by Ian Whybrow
- Come to School Too, Blue Kangaroo! by Emma Chichester Clark
- Going to School by Usborne First Experiences

(All are available on YouTube)



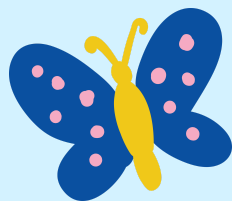


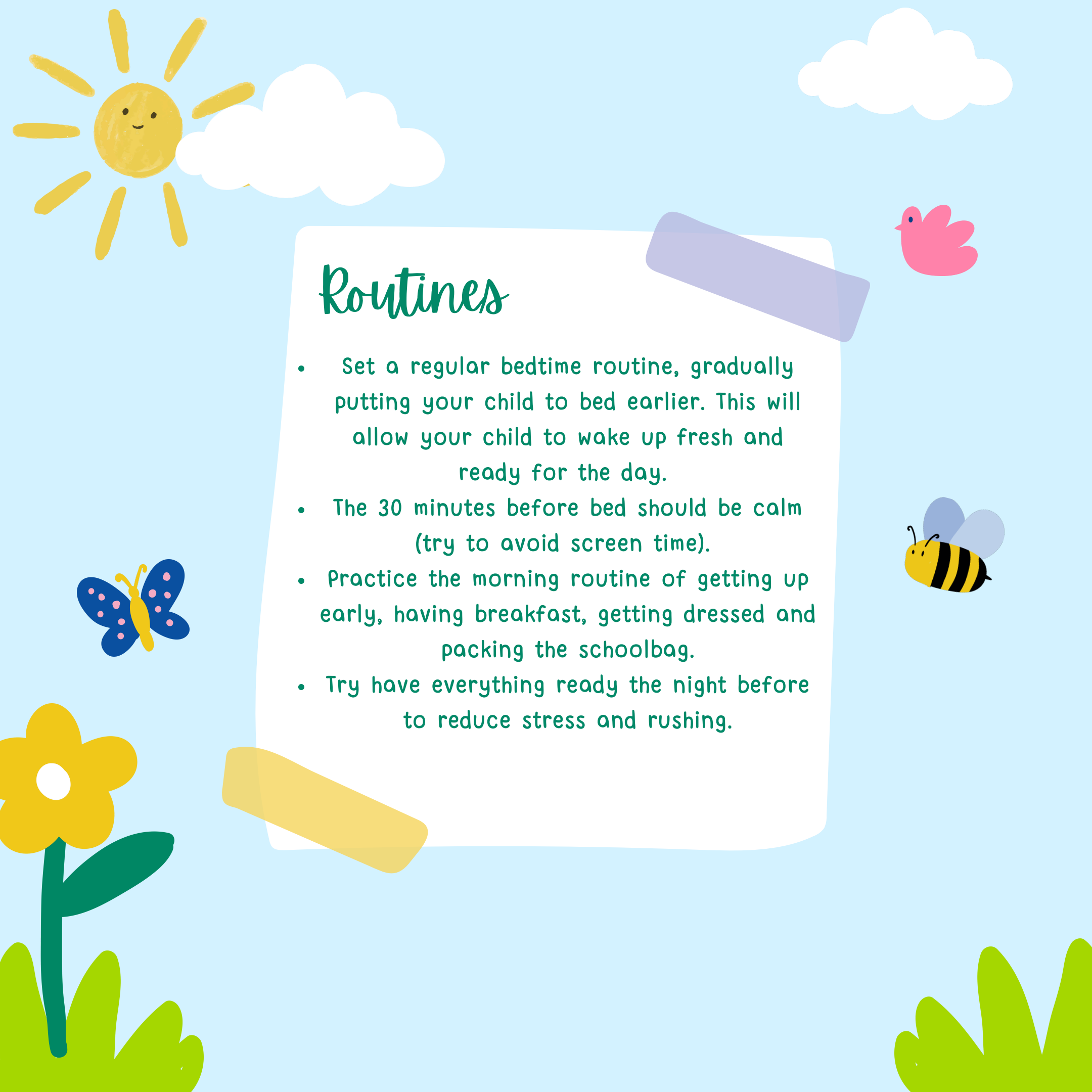
Create your Own Story

Create your own scrapbook or story about your child's new school.

Include photos of and comments about:

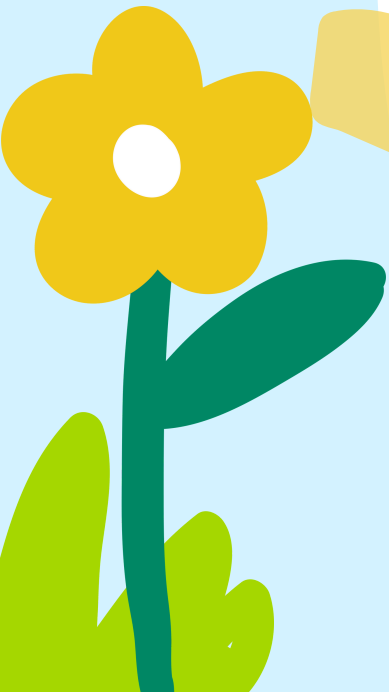
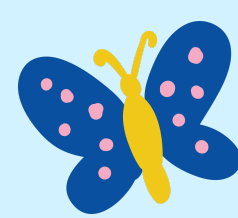
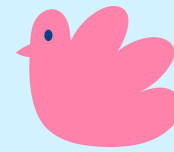
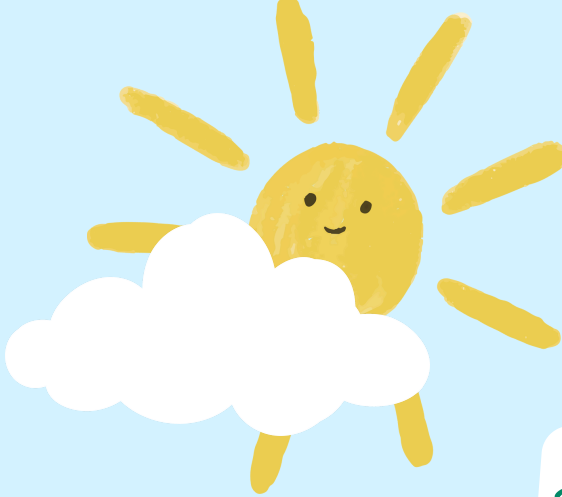
- The building
- The school uniform
- Who they know in the school (eg. siblings, neighbours, friends from preschool) etc.





Routines

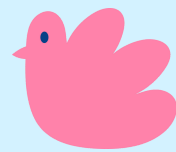
- Set a regular bedtime routine, gradually putting your child to bed earlier. This will allow your child to wake up fresh and ready for the day.
- The 30 minutes before bed should be calm (try to avoid screen time).
- Practice the morning routine of getting up early, having breakfast, getting dressed and packing the schoolbag.
- Try have everything ready the night before to reduce stress and rushing.



Healthy Habits

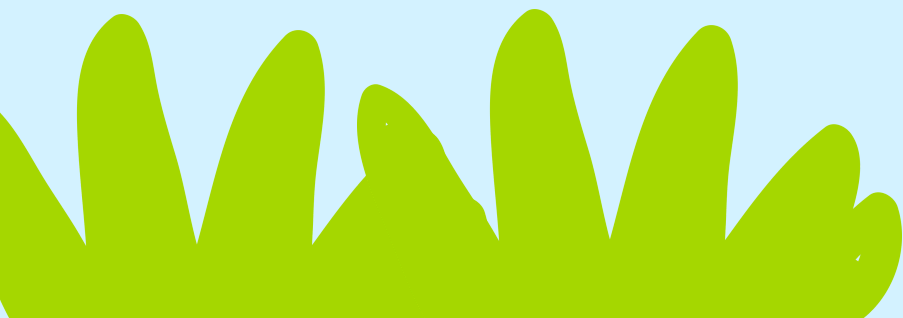
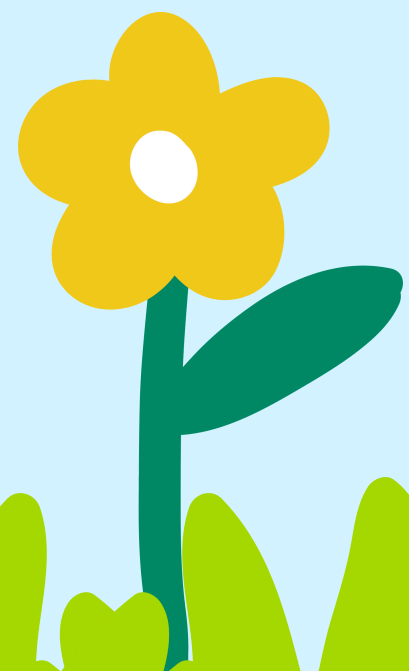
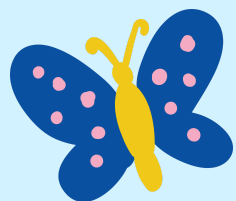
Try limit screen time to 1 hour or less per day. Play helps children learn about teamwork and following instructions and rules. They can learn to organise objects, ideas and skills in logical, interconnected ways. Play also helps language and communication development.

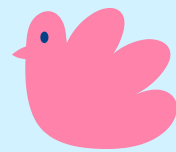
- Screen free time helps children's development and imagination.
- It encourages family time and physical activity,
- It improves sleep and social wellbeing.
- It regulates mood.



Alternatives to Screen time

- Board games
- Construction tools
- Science equipment
- Items for collections (eg. cards, seashells, stickers etc.)
- Craft materials
- Costumes
- Materials for creating small worlds like dolls houses and castles





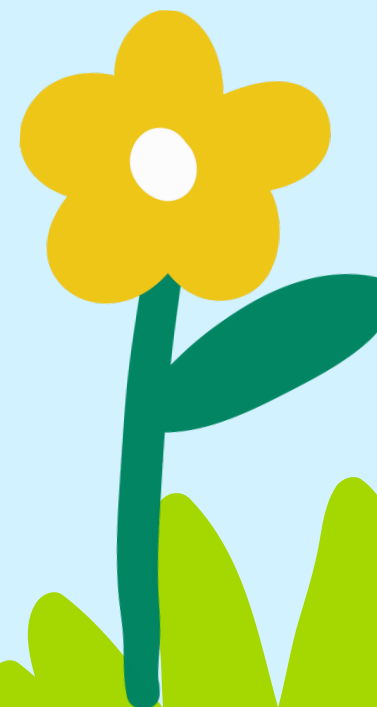
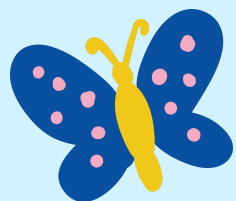
Supports in St Andrews

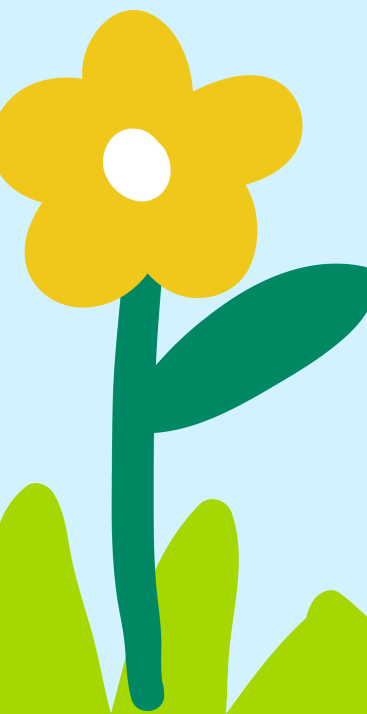
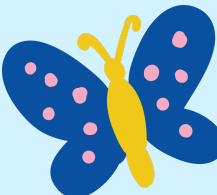
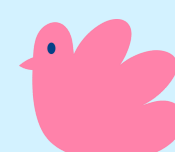
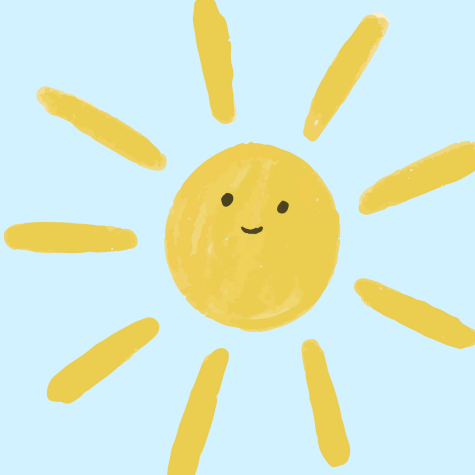
If you or your child are struggling with this transition we have supports available to you here in St Andrews Resource Centre, some of which include:

- Creative Mindfulness for children
- Play Therapy
- Adult Counselling

Alternatively, we are always here for a chat.

Please reach out to
dara.terry@standrews.ie to enquire about
any of these services





More Resources:

- Back to School -
Episode 65, HSE
Talking Health and
Wellbeing Podcast
- grantagift.com
- ncse.ie
- betterstart.ie

You've Got
This!



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Sources:

Preparing your neurodiverse child for a successful back-to-school transition (2024) Grant a Gift Autism Foundation Ackerman Center.

Available at: <https://www.grantagift.com/news/preparing-your-neurodiverse-child-for-a-successful-back-to-school-transition>

Guidelines on starting school, National Council for Special Education - Working to deliver a better special education service. Available at: <https://ncse.ie/guidelines-on-starting-school>

For parents - supporting the transition to school, Better Start.

Available at: <https://www.betterstart.ie/wp-content/uploads/2021/04/Supporting-your-Childs-Transition-to-Primary-School-A-resource-guide-for-Parents.pdf>.

Roberts, R. (2024) Starting primary school, a guide for parents, Mumsnet. Available at: <https://www.mumsnet.com/articles/starting-primary-school>.