

# Kindy Kids Connect.

## Build & cultivate resilience in children.



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### BUILDING YOUR CHILD'S CONFIDENCE FOR SCHOOL

Starting school is an exciting milestone for your child and family. All of you will be experiencing changes as your child settles into a new learning environment, develops new friendships, and spends time with new teachers.

Preparing your child for their transition to school prepares them for future learning and development. Some children adapt very easily to school. It is important that you do not display anxiety about attending school nor speak negatively about your children not being at home. Instead talk about the excitement of attending school, and present school as the next interesting chapter in your child's life.

### TIPS FOR PARENTS

Start to get your child into regular sleep and waking hour routines. Children need to be in bed at a reasonable time to wake up refreshed and ready to learn. Televisions or technology should not be in the child's room. If these items must be in the room, establish a routine and rules, such as not allowing them to be on after dinner. This will help your child begin to relax and prepare for sleep. It is also important to monitor their time, excessive use could lead to the child being over stimulated, and they may be viewing content not suitable for their age.

Establish packing away routines with toys and encourage your child to help with simple tasks around the home to develop responsibility. Skills that will be transferred into the classroom.

Label your child's belongings for school. Set a pattern that expensive toys and treasured items are not taken to school. If they get lost or broken, this can create a lot of anxiety for you and your child.

Help your child learn to dress themselves in their uniform and if using laces to tie up their shoes. Creating a sense of routine is important.

Ensure your child can go to the toilet unassisted and teach them how to ask the teacher should they need to use the toilet during class time.

Practice walking or travelling to school. Transport NSW has useful guides for parents. This creates a sense of familiarity for the child.



### Supports available at school:

School staff

Pastoral care staff

CatholicCare school counselling program

**Contact your school for more information!**

# Dealing with a stressed child

It is important that you do not become overly anxious and stressed about school, as your child will pick up on your feelings. Some children can become tearful and struggle to go to school, leading to school refusal.

Remain calm but firm and reassuring. Try not to show stressed emotions,

as this is often a signal to your child, escalating the situation. The school is there for support, utilize staff to assist if needed. Most children settle quite well once their parent has left the school. Ensure the school always have the most up to date contact details should they need

to contact you during the school day. Encourage your child to talk about what exactly is worrying them. Ask your child what they think might help them settle. This encourages open conversation and allows your child to start learning to name and recognise emotions and coping strategies.

## NDIS @ CatholicCare

We provide a range of services under the National Disability Insurance Scheme (NDIS). Offering Direct Supports, Plan Management and Support Coordination. We can support you or your loved ones to live life to the fullest.

For further information visit [catholiccare.dow.org.au](http://catholiccare.dow.org.au) or call (02) 4254 9342



## WHAT IF YOUR CHILD HAS ADDITIONAL NEEDS?

- ✓ ***Routines and safety***  
Routines support children in building their independence, such as opening lunchboxes and unpacking bags, which will be important skills at school.
- ✓ ***Focus on social and emotional learning***  
Acknowledge children may be affected differently. Some children may not appear to be stressed, whilst others may exhibit visible signs of anxiety such as withdrawal or clinginess, or change in behaviour.
- ✓ ***Work with primary schools on transition***  
The strong partnerships educators have developed with families will serve children well as they transition from early learning to school. The school community is crucial for a child's successful transition and sense of belonging.
- ✓ ***Reassure your child that it is safe to go to school***  
Reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger. Have conversations about what they are looking forward to and what they are worrying about.