Change Checklist:

We have put together this 'Change Checklist' to help you prepare. Have you:

- ☐ Visited the school with your child?
- ☐ Met the head or class teacher?
- ☐ Given the school your contact details?
- ☐ Told the school about medical and other needs?
- ☐ Bought the school uniform?
- ☐ Found out what your child needs to take?
- ☐ Checked arrangements for lunch?
- ☐ Got information about the curriculum and daily routines?

Don't forget to read the other leaflets in our series for more hints and tips on:

1. Getting the most out of school
2. Speaking and Listening
3. Helping at home and school

Family Action provides practical, emotional and financial support to over 45,000 vulnerable children and families every year. Registered charity in England and Wales no. 264713

www.family-action.org.uk

NAHT is a professional association and trades union with members in all phases of education. We represent 28,500 school leaders in their quest to develop great schools and improve the lives of children.

www.naht.org.uk

Leaflet No. 4

READY TO LEARN EVERY DAY!

Preparing for change at school:
A short guide for parents

READY TO LEARN EVERY DAY!

This joint NAHT and Family Action guide is based on the latest research about what helps children to succeed at school

Change will happen throughout your child's time at school; some will be easy and some harder. Change can affect both your child and the rest of the family. With the right support at home and school, you can help your child to succeed through these changes.

Everything changes...

No matter what age your child is, some elements of coping with change will be just the same. These top tips will be beneficial for children of all ages...

- Talk positively about the upcoming changes and give them time to adjust – it won't happen overnight
- Ask about your child's day and show an interest in what they have been doing
- Changes will affect routines at home for your child and other family members; try and pre-plan where possible
- Be prepared by attending taster sessions or parents' meetings so you and your child know what to expect
- Introduce your child to their new environment; take them past their new school and encourage them to try on their uniform before their first day
- Try to maintain meal times, bed times and other home routines so that change elsewhere is minimised
- Change means leaving something behind – favourite teachers or best friends. Let your child talk about what they miss, and discuss what they have to look forward to

First School

- Help your child be as independent as possible by being able to: dress themselves, hold a knife and fork and take themselves to the toilet
- Encourage your child to share with others; attending a playgroup or nursery will help
- Create opportunities for your child to interact and play with other children
- Organise play dates and time away from you to help your child be happy to start school on their own

Moving Up

- Your child will receive more homework the older they get; create dedicated time and a quiet place for them to complete it
- Longer days at school can be tiring; help your child by giving them a good night's sleep and a healthy breakfast
- Read communications that the school sends so you know about school trips, parents' evenings and dress down days

Starting Secondary

- Help your child be prepared by checking they have the right equipment each day, such as their PE Kit, dictionary or calculator
- Your child may have some worries; listen, explore solutions with them and maintain a balanced view
- Talk to your child about keeping safe on their way to and from school and make sure they are familiar with the route