

My Child Is Starting School

A practical printable guide for parents / carers

Getting the admin sorted

- ☐ Save school contact details
- ☐ Add term dates and inset days to calendar
- ☐ Add clubs and recurring activities
- ☐ Complete outstanding forms, including medical details, emergency contacts and collection details
- ☐ Check lunch / payment accounts

Preparation at home

- ☐ Check uniform and shoes
- ☐ Check PE / sports requirements
- ☐ Label clothing / equipment
- ☐ Plan morning / after-school transport
- ☐ Create a place for letters / returns

Practise the practical routines

- ☐ Where appropriate for your child, practise putting on a coat, recognising belongings, opening lunch items, using the toilet independently and asking an adult for help.
- ☐ Walk or travel the school route a few times so the journey feels familiar.
- ☐ Move bedtime and wake-up times towards the school routine gradually in the week or so before term rather than making a sudden change the night before.



Make mornings boringly predictable

Decide where uniform, shoes, bags and water bottles live.

(A simple repeated routine reduces the number of decisions everybody has to make before 9am!)

Expect tiredness

The first few weeks can be exhausting. Avoid assuming every after-school slot needs an activity and give the new routine time to settle.

Notes



School contacts

- **Headteacher**
 - Name
 - Email address
 - Telephone
- **Class teacher**
 - Name
 - Email address
 - Telephone
- **SEND Teacher**
 - Name
 - Email address
 - Telephone
- **Breakfast Club / After-school club**
 - Name
 - Email address
 - Telephone
- **School secretary**
 - Name
 - Email address
 - Telephone

