



Transition to school

Making the first day a success

There are some simple steps you can take to make your child's first day at school more enjoyable and relaxed. Be prepared. The best thing you can do is to make the first day as calm and relaxed as possible.

The day before write a list of all you'll need to organise, such as food and a change of clothing. Stick the list to the fridge and tick each item off with your child as you complete it.

On the day:

- leave plenty of time to get ready
- make a nutritious breakfast — this is essential for sustained energy and concentration
- talk through the daily routine — start, lunch and finish times
- talk through a few simple self-help ideas — for example, asking teachers for help or directions
- be positive and encouraging about your child's attendance at school
- be flexible in the early days of school, children may take a little while to settle in.

Fuel your child's learning

School can be a big day, so by lunchtime your child will be hungry and thirsty. They will need a nutritious and filling lunch.

When packing your child's lunch:

- provide healthy food and drink in realistic quantities for morning tea and lunch
- ensure that your child can open and unwrap their lunch — some containers and wrappings can be very difficult for little fingers
- provide a variety of smaller items rather than one or two large items
- check with the school for information about healthy food and drink choices
- provide a water bottle every day and encourage your child to drink from it
- keep sweets, chips and other party food for parties or special occasions.

