



# Getting ready for school

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It is at this time of year many parents start to prepare their children for a change, whether it is a new nursery, starting in Reception or changing school.

Children adapt remarkably well. However, just like adults, it is the fear of the unknown which can cause sleepless nights and anxiety.

There are many tips to help alleviate these worries and here are a few of my suggestions.

1. See if the school has a fair in the summer term you can go to. This is especially important if your child is joining Nursery or Reception as it will be a long summer of everyone mentioning their new setting and it is important that they understand exactly what and where this is.
2. At Charlotte House, we put new parents in touch with other parents to help facilitate play dates over the summer. If your child has already made some friends, they will not have that worry that no one will like them or talk to them.
3. Share stories about how nervous you were about moving schools or even how anxious you feel when you start a new job. It is so important to share your emotions with your child so they know when they have those emotions it is normal and they will pass. With young children we talk about our tummies feeling funny as they may not have the language to fully understand the idea of feeling nervous.
4. Bibliotherapy is great. This is using stories to help your children deal with situations. Books such as "Let's Get Ready for School" by Jane Porter and Carolina Rabei and "Boris Starts School" by Carrie Weston are a great way to start conversations.
5. Have a dummy run so they can see what the new routine will be like. Also start to encourage them to be independent when putting on their shoes, doing up zips and going to the toilet.
6. Be excited too – children are great at picking up on the feelings of their parents. When you collect them ensure the conversation remains positive. Ask them open ended questions e.g. describe your classroom, who did you sit next to, tell me three facts about your day.

It may take a few days for your child to find their feet but before you know it, you will wonder what on earth you were so worried about!

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