



First Day, by Andrew Daddo

This delightful book will help dispel some of the anxiety children and parents can feel about that moment of saying goodbye on the very first day of school.

To be read by everyone, many times over!!

Talk to your child about how they feel about going off to school without you. Listen to their concerns and try to address each one with a practical, workable solution.

Go for a walk around the school after hours. Show them where the playground and toilets are. If you know where their classroom is, track out a path together - point out landmarks like a particular tree or play area. Work out your meeting place for drop off and pick up and role play practice runs to and from that spot.

Start using your school lunch box each day so that your child learns the difference between a snack and lunch food.



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