

# Starting nursery and school

Ready for School,  
Ready for Life  
**Top Tips**



Starting  
nursery  
and school

Starting nursery or school should be an exciting and positive experience for both the family and the child. Sometimes it can feel a little overwhelming. Here are a few tips to help the transition go smoothly.



Before  
the first day...

- Make sure you know how long it takes to travel to the nursery/school, do a few practice runs.
- Find out where you need to take your child, and at what time you need to be there.
- Find out where to collect your child, and at what time. Let them know who will be picking them up so they know who to expect.
- Encourage your child to carry their book bag and lunch box into school.
- Have you labelled everything? Make sure your child knows where the labels are and make sure they are easily visible.

On the  
first day...

- Try to encourage your child to have some breakfast, even if it is just a piece of fruit.
- Give yourself and your child time to get there, think about traffic etc. Do you both know where you are going to drop off?
- Does your child know what they are having for lunch? Are they having a packed lunch (try not to give them too much) or hot dinner? Share the hot meal menu with your child.
- Say goodbye with a smile on your face. The staff will look after your child once you have gone.

