



## A Message from the USI Inclusion Team

Dear New Joining Families,

We are delighted to welcome you and your child to our school community. We understand that starting school can be an exciting yet challenging time for both parents and children. To help you navigate this transition smoothly, we have prepared some useful tips and strategies:

### Dealing with Separation Anxiety

1. Create a routine: Establish a predictable daily routine at home before school starts. This will help your child feel secure and prepared for the upcoming changes.
2. Gradual separation: Practice short separations from your child, gradually increasing the time. This will help them build confidence and trust in your return.
3. Stay positive: Use positive language when discussing school, highlighting the fun activities and new friends they will make. Reinforce that school is a safe and enjoyable place to learn and grow.

### Preparing Children Emotionally for the First Day of School

1. Visit the school: Take your child to visit the school together before/on their first day. Familiarize them with the surroundings, classrooms, and teachers to reduce anxiety.
2. Read books about school: Share age-appropriate books that depict positive experiences about starting school. This will help your child understand what to expect and feel more prepared.
3. Talk about feelings: Encourage your child to express their feelings about starting school. Validate their emotions and provide reassurance and support.
4. Use bedtime story telling – tell them a story about a boy/girl named exactly as they are, who is just going to start school, let them imagine the main character is going to school, meeting their new teacher, talking to the teacher, meeting other children, learning and playing. You can't predict everything in your story but this could make their beginning a bit more predictable.

### Good Practices for Children between 3-5 Years Old

1. Sufficient sleep: Ensure your child gets an adequate amount of sleep. The recommended sleep duration for children in this age group is 10-13 hours per night.
2. Consistent routines: Establish consistent daily routines for meals, playtime, and bedtime. Routines provide structure and help children feel secure.
3. Balanced nutrition: Offer a variety of healthy foods to support your child's growth and development. Encourage them to try new foods and involve them in meal preparation.

### What to Expect in the First Days

1. Adjustment period: Understand that it's normal for children to take some time to adjust to the new environment, routines, and peers. Be patient and offer support as they navigate this transition.
2. Building relationships: Teachers will focus on building positive relationships with your child. They will engage in age-appropriate activities to help children feel comfortable and develop social skills.
3. Communication: Regular communication between teachers and parents is vital. Teachers will keep you informed about your child's progress, activities, and any concerns that may arise.

## **Starting School**

1. Open communication: Encourage your child to communicate their concerns to their teachers. Foster an open line of communication with teachers so that you can address any issues promptly.
2. Problem-solving skills: Teach your child basic problem-solving skills, such as using words to express their needs and finding solutions to small challenges independently.
3. Collaboration with teachers: Work collaboratively with your child's teachers to address any difficulties they may face. Together, you can find effective solutions to support your child's growth and development.

We are here to support you and your child during this exciting new chapter. Please do not hesitate to reach out if you have any questions or concerns. We look forward to a successful and rewarding year together!

Best wishes,

Ms. Monika and the Inclusion Team