

# BOOK CLUB

## The No-Panic Parent's Checklist for STARTING PRIMARY SCHOOL

The easy-wins checklist to help the start of primary school feel smooth and positive for you both.

**Get uniform essentials ready early**

Try everything on, practise putting it on independently, and break in new shoes before the first day.

**Pack a well-stocked school bag**

Choose one that fits your child comfortably, with enough space for books, lunch, and any extras.

**Label everything**

Coats, jumpers, water bottles... it really does save a lot of lost-property stress!

**Practise the school routine**

A few morning "trial runs" (getting dressed, leaving on time, walking the route) can make those first days feel much easier.

**Visit the school if you can**

Even just seeing the gates, playground, or classroom ahead of time helps everything feel more familiar.

**Build independence in small steps**

Using the toilet, washing hands, opening lunchboxes, and putting on coats all help build confidence.

**Talk about what the day might look like**

Simple, positive conversations about playtime, story time, and making friends can ease uncertainty.

**Create a calm morning routine**

Keep things simple and predictable to avoid rushed, stressful starts.

**Expect big feelings (from both of you!)**

Excitement, nerves, clinginess, or tiredness are all completely normal in the early weeks.

**Keep after-school time low-key**

They'll be tired, so allow space to rest, play, and reconnect.

**Build a connection with the teacher**

A quick hello or check-in can help you feel more reassured and supported.

**Reassure them about separation**

Remind them you'll always come back, and keep goodbyes calm and confident (even if it feels hard!).

**Notice how they're adjusting**

Changes in behaviour, sleep, or mood are common at first, but worth gently checking in on.

### RECOMMENDED READS

These books will help to make the transition to starting school even smoother.

**Let's Get Ready**

A practical guide to getting ready for school, featuring toothbrushing, hand washing, getting dressed, eating breakfast, going to the toilet and much more.



**First Learning: Get Ready for School**

Packed with activities that will help children practise key skills and develop confidence. The perfect activity book for little learners aged 3-5 who are preparing to start school.

