



PARENT TOOLKIT

Feeling Positive About Coming To School



Starting or settling into school can be exciting — but it can also feel a little overwhelming for some children. Here are some simple ways to build your child's confidence and help them develop a happy attitude toward coming to school.

Keep Mornings Calm and Positive

- Create a simple morning routine with plenty of time for breakfast and getting ready.
- Use a picture chart to show each step — this helps your child feel more in control.
- Play cheerful music or share a morning hug before leaving the house.

Build Excitement About the Day

- Talk about school in a positive way:
"I wonder what fun things you'll learn today!"
- Let your child choose a snack or help pack their school bag.
- Celebrate cheerful mornings with praise, stickers, or a "high five."

Create Comfort and Belonging

- Remind your child of friendly faces they'll see at school — teachers, helpers, and friends.
- If allowed, your child could bring a small “comfort item” (like a keyring or photo).
- Short, confident goodbyes help children feel safe and secure.

Talk About the Good Bits

- Ask open questions like, “*What made you smile today?*” instead of “What did you do?”
- Focus on what went well to help your child end the day feeling proud.

Praise Bravery and Effort

- Notice their courage and effort: “*You were so brave going into class today!*”
- Praise the small steps — they add up to big confidence.

Work Together with School

- Stay in touch with the teacher or Family Support Worker if your child is finding mornings tricky.

- Ask about gentle strategies or routines that can be reinforced both at home and school.

Remember: Every child settles in at their own pace. With encouragement, routine, and a little extra love, your child will soon look forward to coming to school each day.