

INFORM & EMPOWER

# STARTING SCHOOL

How your family can **THRIVE** (not just survive)

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Psychologist & Mum

TOOLKIT FOR  
PARENTS & CARERS



## Focus on you...

Tune into your stress level



Set up additional support

What can I take out?



Be aware of your own reactions to school-related stuff

Review your expectations (stories)



## Honour the transition

It is a change in season within your child, within you and within your family system.



## Learn from Other Transitions:

How did you support your child?

What worked well? What didn't?

How did you involve others?

## What to expect:

Rollercoaster

Meltdowns

Exhaustion

Anxiety

Mistakes

Growth!



# Where to focus: Emotions



All  
Feelings  
Matter

Name it  
to tame it

Make  
space for  
Feelings

Role  
model

Calm down  
tools

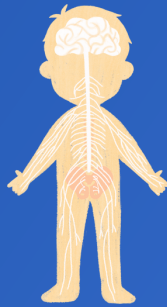
Support  
rather than  
punish



**BUY NOW**

# Where to focus:

## Down Time, Calm Time



Emotions =  
energy in motion

How can we move  
this feeling?



Mindfulness

Comfort Objects

Use Music

## Where to focus: Independence

Encourage it!



“

Can I trust  
and guide so  
they can try  
and grow?

”

## Where to focus: Problem Solving



Opportunities for practice

Ask for Help

## Where to focus: Problem Solving

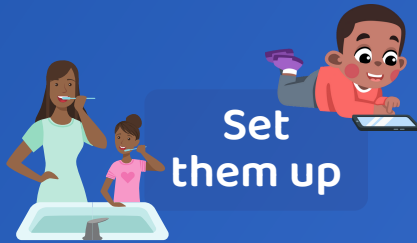


Playdates

Play Games

Teach and  
use manners

## Where to focus: Rituals, Routines, Rhythms



## Where to focus: Communication

Get curious  
not furious

Say less

Share  
stories

Talk to  
trusted  
others

Keep  
teachers in  
the loop

Consider  
the "how"



## Where to focus: Concerns



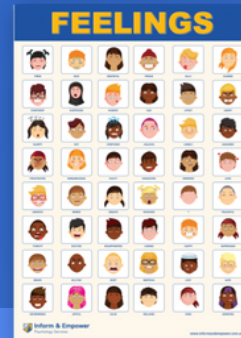
Trust  
your  
instincts



# Resources



Facebook Group

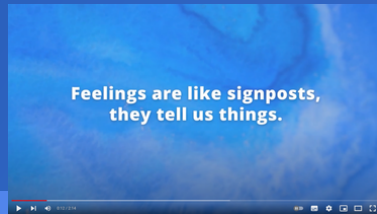


Poster

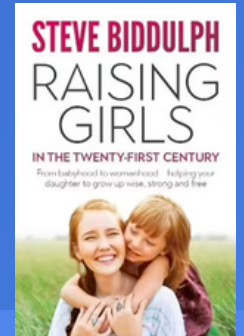
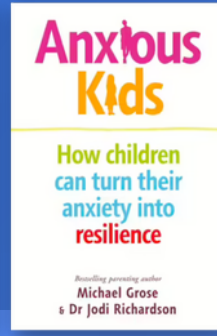
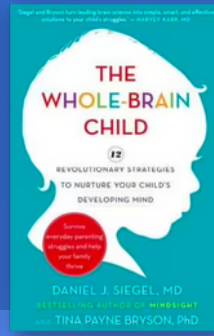
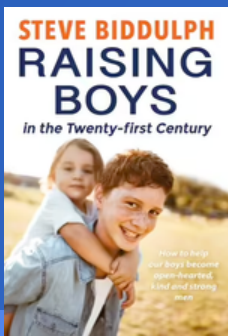
Discount code: **SAVE5**



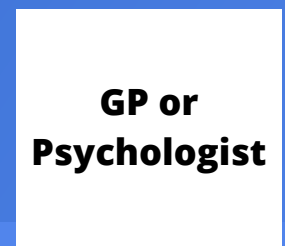
App



YouTube Videos



Books



Help Seeking