



#### 7. Develop a goodbye routine

Despite the best start to the school year there will always be those days when a child just doesn't want to go to school. Tears and tantrums are common for many school starters. It helps in these less-than-pleasant situations if you have a goodbye routine that includes a smile, a kiss and/or hug and leaving without looking back. If saying goodbye in the morning continues to be a struggle, seek the advice and help of your child's teacher.

#### 8. Don't forget to develop a hello routine too!

Once school has finished some children just want to relax without talking about school, while others may unload about the events of the day. Follow their lead but regardless of whether your child opens up or closes down make sure they have some downtime so they can relax and unwind. If your child always presents a tale of woe about school (*"I hate school. I'm not going back"*), be patient and remember that children can be faulty observers and don't always see things as they really are. Help them look for the positive or good parts of their day by asking questions such as *"What did you enjoy about today?"*

At times of transition, it's worth remembering some children adapt easily to new routines and new surroundings, while others may take many weeks to feel comfortable with going to school. If the latter is the case for your child,