

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Top tips: Planning for school transitions

**The transition from nursery to school can be an exciting yet challenging time for young children (and their parents). By providing a supportive environment and encouraging conversations about starting school, practitioners will be able to address any fears, anxieties or queries and offer practical help and reassurance to ease the process at this important time in their lives.**

**Here are some top tips to help you to plan for the move to school:**

- Provide a safe space for children to express their feelings, uncertainties or excitement by building confidence and addressing any emotions surrounding the prospect of starting school
- Set up a pretend school role play area with resources such as school uniform (from local schools), lunch bags, book bags, PE bags and PE kits etc.
- Each day, discuss their experience of the role play area. Ask questions to gauge their feelings and encourage them to share any highlights or concerns. Listen to children's responses to develop a shared understanding of what they may expect in their new school and identify if children may need further support
- Find out what children already know about school and help to dispel any myths or worries by sharing what a typical school day entails. Draw similarities between what already happens at nursery with what they are likely to experience at school
- Encourage the children to view their new school's website. Look at the images of children in their uniform, share examples of the activities the children have been engaged in and look at photographs of the staff they will meet
- Support the children in their role play by asking open-ended questions and introducing new vocabulary where relevant
- Provide lunch trays for children ready to move to school so they can experience carrying their food to the table and clearing it off afterwards
- Share books or tell stories about starting school, e.g. *Lulu's First Day* by Anna McQuinn or *My First Day* by Leilana Sparrow. These will help children to familiarise themselves with the idea of school and raise discussion points
- Encourage parents to arrange playdates with other children who will be attending the same school. This will help children, and parents, build friendships and a sense of community before starting school
- Invite the reception teacher(s) from local primary schools to bring photographs of the school, reception class and key areas the children will experience and join the children in their role play.



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### **NDNA products to support you:**

- [Share NDNA's parent page](#)
- Getting ready for school factsheets:
  - [Building children's confidence](#)
  - [Developing literacy at home](#)
  - [Maths confidence.](#)

**And more resources at [www.ndna.org.uk/hub/myndna](http://www.ndna.org.uk/hub/myndna)**