

### Preparing first timers for school

q Your child may be suffering from anxieties about going to school for the first time. Preparing your child (and yourself) for these changes is important to ensuring a less traumatic separation.

q Speak about school in a positive way and introduce it as a fun time for making friends and being on a larger playground.

q Help your child to prepare before the school year starts by establishing a routine - getting to bed on time, familiarising him with school supplies, workbooks, textbooks, etc.

q Teach your child his home address and telephone number. Write these details in his bag, lunch packs and shoes, etc.

q Encourage your child to have a reasonable expectation for each day, bearing in mind their ability. Teach him something or say something positive about his school everyday.

### Pack lunch for your child

q Get into the habit of making lunch for your child to ensure that he receives a balanced and healthier meal. Let him/her help to choose items for his lunch. This way the child will be excited about preparing for school.

Arrange for medical examinations

q Medical examinations are compulsory prior to the new academic year. Ensure that your child is ready.

q Update your child's ID i.e. vaccinations or immunizations, etc.

q A hearing examination may prove to be the difference in your child's behaviour and development.

An eye examination is also very important as undetected vision problems could thwart his success.