

Primary School Starter Checklist for Parents

Before School Starts

- ☐ Talk positively about school and what to expect
- ☐ Read books or watch shows about starting school
- ☐ Visit the school together (if possible)
- ☐ Practice school routines (bedtime, wake-up, breakfast)
- ☐ Label all belongings (uniform, bag, lunchbox, etc.)
- ☐ Pack a school bag with essentials (snack, water bottle, tissues)
- ☐ Choose comfortable, weather-appropriate clothing/shoes

First Week of School

- ☐ Keep drop-offs short, calm, and encouraging
- ☐ Ask open-ended questions about their day
- ☐ Praise effort and small achievements
- ☐ Stick to consistent routines at home
- ☐ Create a quiet space for reading or homework
- ☐ Encourage healthy snacks and hydration

Ongoing Support

- ☐ Attend parent-teacher meetings or school events
- ☐ Encourage friendships and playdates
- ☐ Monitor emotional wellbeing and talk regularly
- ☐ Stay in touch with the teacher if concerns arise
- ☐ Celebrate progress and milestones