

EDUCATION

School Transition Preparation Guide

Prep for a new school, new class or summer holiday return.

Six weeks before

- Ask the new class teacher / new school for a meeting with you
- Share the diagnosis, profile and what has worked
- Request a visual photo book of the new room, staff, toilets, dining hall
- Ask whether a phased start is possible

Two weeks before

- Practise the route to school
- Try on the uniform — wash for texture
- Read the photo book together each day
- Talk through one specific worry at a time

The last week

- Move bedtime back gradually
- Pack the bag together the night before
- Identify the safe adult at the new setting
- Agree a soft drop-off plan with the school

First day

- Low-key morning — no big breakfast battle
- Bring one comfort object if the school agrees
- Short, calm goodbye — don't linger
- Plan a low-demand evening with food they like

After-school restraint collapse is expected

If your child melts down on the doorstep, that is them releasing the effort of holding it together all day. It is not the school day going badly. Snack, screen, blanket, no questions for an hour.