

	<p>1 Practise the journey to and from school</p> 	<p>2 Arrange play dates with families who will have kids at the same school</p> 
<p>3 Encourage independence – skills like dressing, packing and carrying a bag, applying sunscreen and going to the toilet</p> 	<p>4 Label all belongings</p> 	<p>5 Talk about and practise any after school arrangements</p> 
<p>6 Check start and finish times and where to drop off and collect your child</p> 	<p>7 Be positive, get your child excited, and talk about any worries they have</p> 	<p>8 Visit a library and read with your child</p> 
<p>9 Start using the name of their new teacher to help build familiarity</p> 	<p>10 Establish predictable routines including dinner, bath time and bed time</p> 	