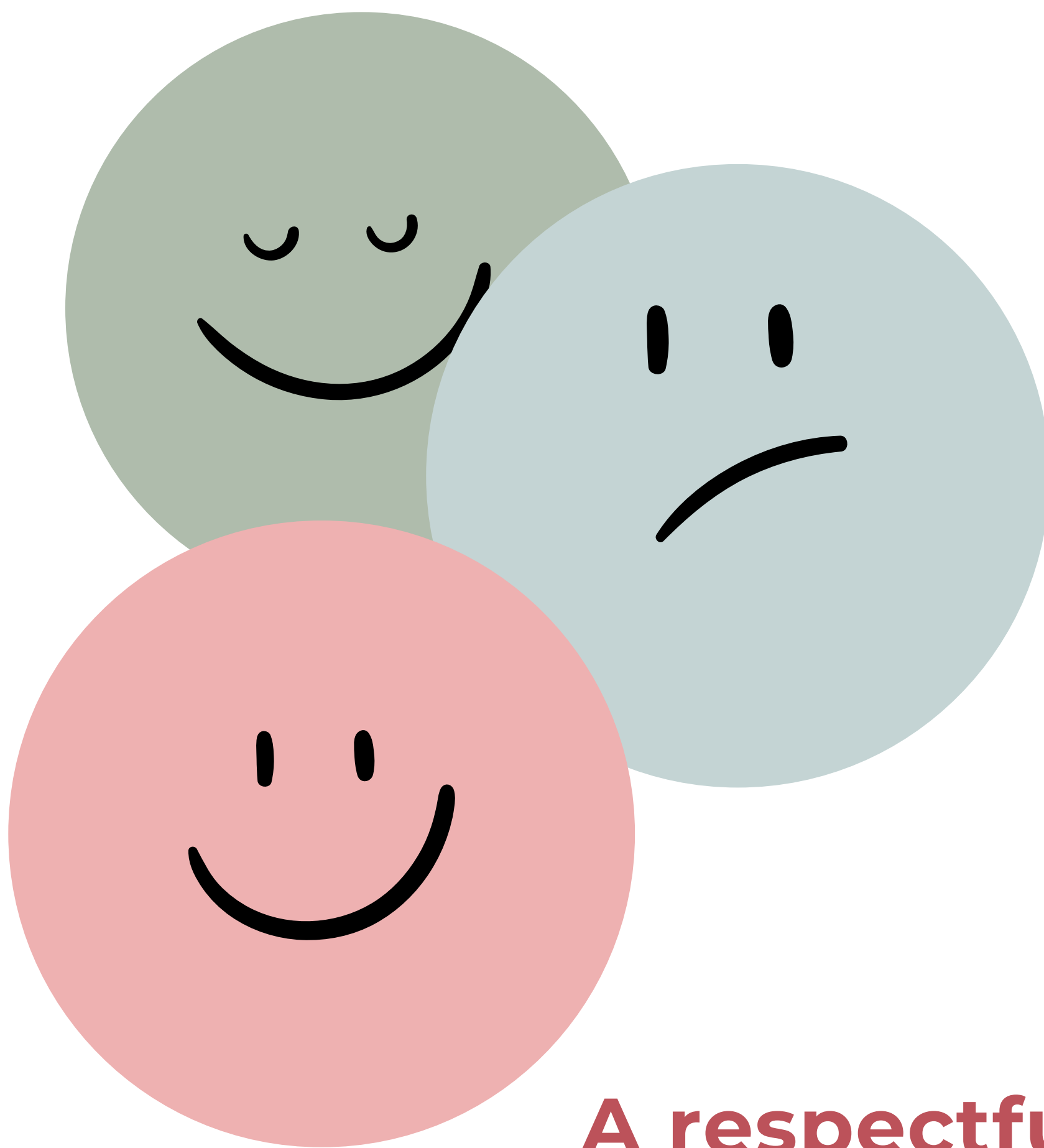


Starting nursery and school



**A respectful guide to
support your child
in transitions**

Anna Greatrex

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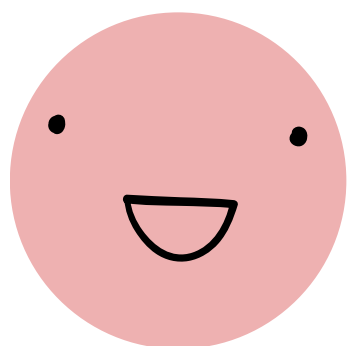
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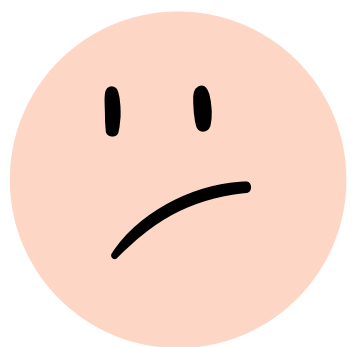
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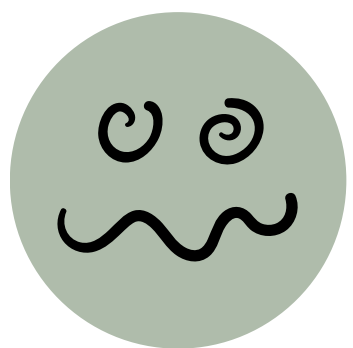
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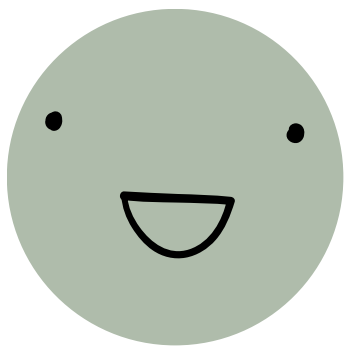
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Hello!



About me

Hello dear readers,

My name is Anna Greatrex, and I've worn many hats over the years—primary school teacher, early years educator, and dedicated advocate for children's holistic development. With over a decade of experience, I've had the privilege of working across both the private and state sectors, collaborating closely with families to navigate the unique challenges the early years present.

At the core of my teaching philosophy is a strong belief in the power of free movement, the magic of independent play, and the profound impact of the attachment theory approach in childcare. My journey hasn't just been academic and professional; as a mother, I've walked through the delicate period of transitions first-hand, feeling every high and low, every challenge and triumph. I realised the pivotal role we, as parents, play in these periods of change.

Creating this book was a mission close to my heart. I wanted to bring forward a resource that not only drew from my professional expertise but also from the genuine, lived moments of parenthood. The goal? To offer tools that are attuned to a child's developmental needs, ensuring that even the rockiest of transitions can be transformed into precious bonding experiences. This journey may have its challenges, but with the right knowledge and perspective, it can be a beautiful one. Let's navigate it together.

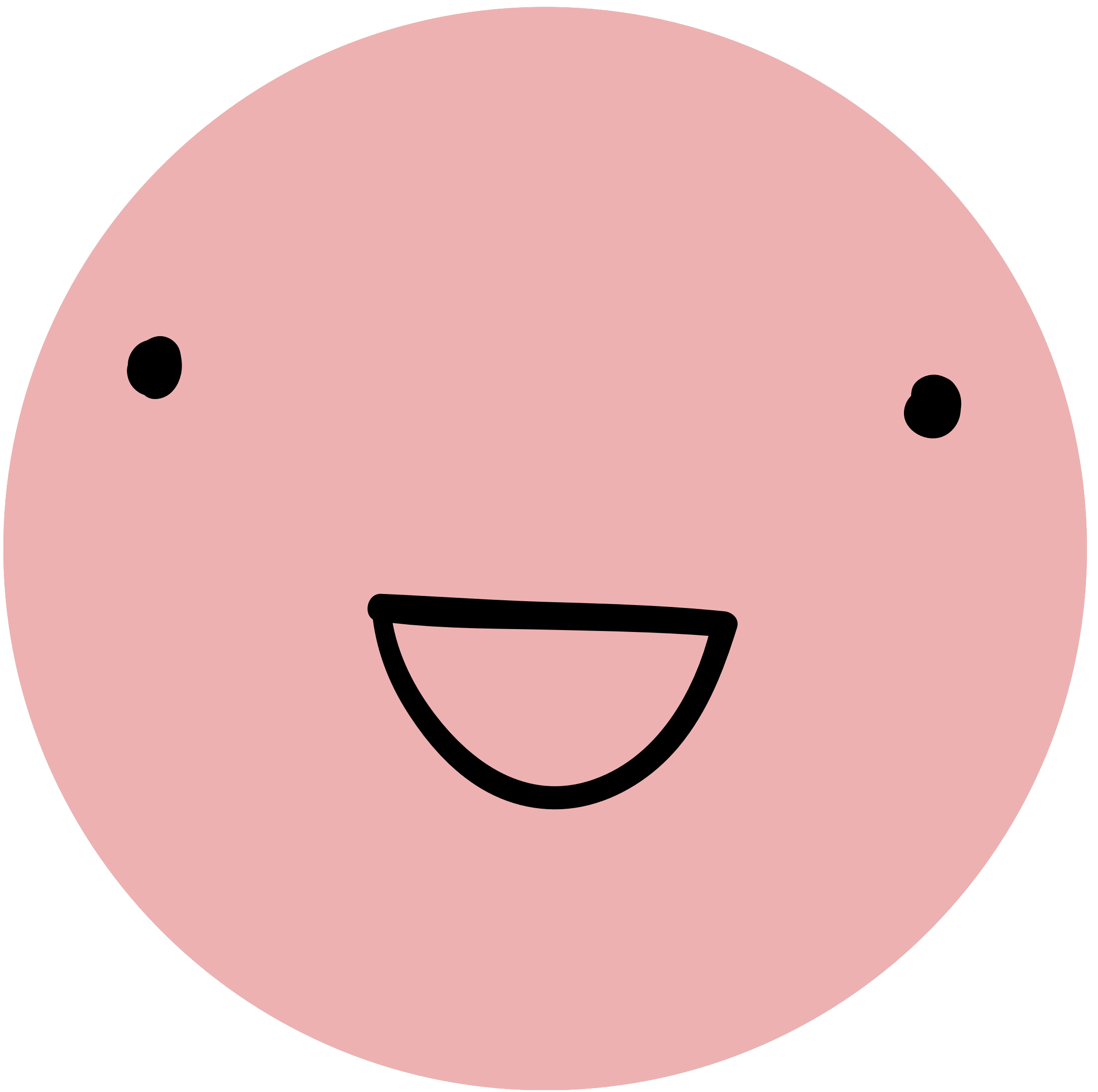
Warmly,

Anna Greatrex

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Introduction



Introduction

Transitions are an inevitable part of our journey through life, shaping our experiences and moulding our memories. For our children, these transitions - stepping into a nursery for the first time, waving goodbye on the first day of school, or adapting to a new environment - are milestones filled with excitement, anxiety, apprehension, and curiosity. How we, as caregivers, guide them through these pivotal moments can significantly impact their confidence, resilience, and overall well-being.

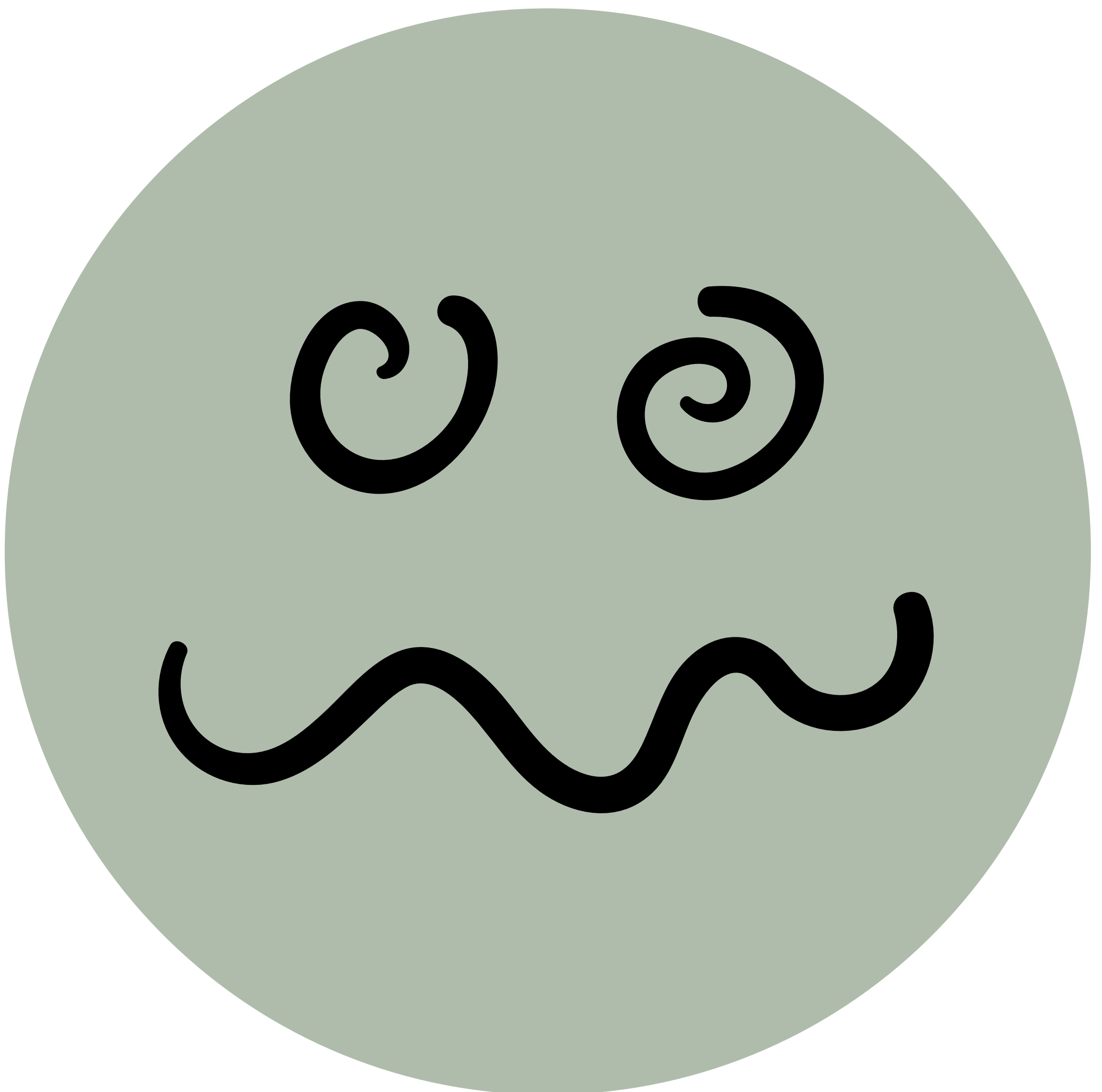
Childhood transitions aren't just about a change in environment; they're also about navigating a tapestry of new relationships, expectations, and self-identities. These moments are filled with firsts: first friends, first teachers, and first challenges outside the protective embrace of home. They're significant not just in a child's life but in the collective journey of a family.

At the heart of this guide is the philosophy of Attachment and Respectful Parenting - a compassionate approach that prioritises deep emotional connections and mutual respect. Rooted in understanding, this approach recognises that children, with their immense capacity for growth and adaptability, also have great needs for security, understanding, and consistent support, especially during adaptation and transition periods.

In the pages that follow, I will dive into practical strategies and insights, ensuring these crucial moments are not just smooth but also empowering. Using the principles of attachment and respectful parenting, along with the transformative power of play; I hope this guide can help you turn challenges into rewarding learning experiences for you and your child. So, join me in this journey and let's celebrate each step, each milestone, with compassion, love, patience, and understanding!

Chapter 4

Stepping into School: A Significant Transition



Talk about their day

Discuss what might happen at school today and what they might want to do.

"I wonder what you will do today"

"Do you think you will go outside to play?"

Don't expect answers, you might have just given them something to think about.

Fun ways to say 'goodbye'

If your child is holding on to you, you can **swing them gently** like a little monkey and use a **'magic powder'** to **SLOWLY** get them off you. Avoid rushed movement or pushing them away. Children will get very stressed in that situation.

Stay calm

Just because it is hard does not mean it will last forever. If your child needs an extra hug or you feel they are distressed, stay with them for a little bit longer. Young children do not fake. When they are sad, they are sad!

Transitioning to school is **monumental**.
But with a blend of emotional understanding, practical preparations, and your respectful approach, you can **make the beginning** of your child's academic journey a **beautiful** and fun **memory**.

By incorporating these key points, you can support your child's transition to school through a blend of emotional understanding, practical preparations, and a respectful parenting approach.

School Transition Checklist

- Acknowledge fears and feelings
- Use relatable stories for comfort
- Pre-visit the school
- Organise pre-school playdates
- Set a morning routine
- Personalise backpack and lunchbox
- Discuss the school schedule
- Allow outfit and snack choices
- Keep after-school time flexible
- Stay emotionally connected
- Trust their capabilities

