



Starting School Checklist

A simple checklist to help you and your child get ready for the first day of school. Every child is different — use this as a guide and tick off what works for you.



Clothes & Essentials

- ☐ School uniform (including spare if needed)
- ☐ Comfortable shoes (practise putting them on)
- ☐ Coat (weather appropriate)
- ☐ Named water bottle
- ☐ School bag (practise opening it)
- ☐ Any other items your school has requested



Practical Skills

- ☐ Practise using the toilet independently
- ☐ Washing hands
- ☐ Opening lunch boxes and packets
- ☐ Putting on/taking off coat
- ☐ Recognising their name
- ☐ Practise the journey to school



Emotional Preparation

- ☐ Talk about what to expect
- ☐ Read books about starting school
- ☐ Visit the school (if possible)
- ☐ Practise short separations
- ☐ Encourage them to talk about their feelings
- ☐ Reassure them it's okay to feel excited and nervous



School Day

- ☐ Know the start and finish times
- ☐ Understand drop-off and pick-up arrangements
- ☐ Know who will be collecting your child
- ☐ Let your child know what will happen at lunchtime
- ☐ Talk about after-school plans
- ☐ Check if any forms or permissions are needed



Health & Wellbeing

- ☐ Inform the school of any medical needs
- ☐ Pack any required medication (with instructions)
- ☐ Check allergy information
- ☐ Ensure they are up to date with vaccinations
- ☐ Get plenty of rest in the days before
- ☐ Healthy breakfast on the first day



Final Checks

- ☐ All items are clearly named
- ☐ Have you completed all school forms?
- ☐ Do you know who to contact if needed?
- ☐ Is your child involved in the preparations?
- ☐ Take a deep breath — you're ready!
- ☐ Celebrate this big step!



Remember...

There is no perfect way to start school. What matters most is that your child feels loved, supported and encouraged. It's okay to feel a mix of excitement and nervousness — this is a big step!



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Small
steps.
Brighter
tomorrows.

You've got this!

