

How you can support your child in the first weeks of school

Think about a regular daily routine and adhere to it. You can build on the regime acquired in compulsory preschool education.

Label as many of your child's personal belongings as possible with a monogram or a mark that they recognize.

Prepare snacks together with your child. Do not forget about drinking, give your child water or other unsweetened drinks.

Ensure that your child arrives at school at least 15 minutes before school starts.

Keep your child's school bag in order and prepare it to match the timetable under your supervision.

Agree with your child whether they will go home or to the after-school care centre and who will pick them up from school.

Talk to your child. Show interest in what was going on at school.

Do not overload the child with a large number of interest groups and activities. Give them time to play and relax.

A regular regime is important for your child not only when starting the first grade. It promotes their feelings of safety and security.

When your child cannot remember which things are theirs, the teacher can help the child find them more easily.

A suitable snack and plenty of fluids will give your child the energy they need to learn. When they participate in its preparation, they are more motivated to eat it. Joint preparation also promotes their independence.

Your child prepares for lessons in peace and has space to communicate with classmates.

Your child knows about their belongings. They learn responsibility and independence. They do not carry an unnecessarily heavy school bag with things they do not need.

The child is aware of the time they spend at school and is not stressed that you would forget about them.

By showing interest, you strengthen the child's emotional stability and self-confidence. By talking together, you develop their vocabulary and communication skills.

The child is exposed to stress at school that they may not be used to. They need time for themselves and to rest. Overload can lead to psychological problems.