



Starting school is an important milestone in every child's life, and also in their parents' life! The transition to primary school is a big change and parents want to know how to prepare their child so they adapt as well as possible to the new environment and thrive at school.

Parents can help pre-schoolers develop the confidence, emotional regulation and social skills that will get them off to a great start in Reception. This also strengthens children's learning potential and their ability to make and sustain positive friendships.

This workshop covers the following topics:



GROWING CONFIDENCE AND SELF-ESTEEM

We discuss the optimal ways to pay positive attention to our children that boosts their sense of self and also their motivation and ability to behave well. Descriptive Praise improves the general atmosphere at home and strengthens the connection between parent and child.



DEVELOPING RESILIENCE AND SELF-REGULATION

We explore how to help young children recognise and manage the many emotions associated with leaving nursery and starting school. This approach boosts their Emotional Intelligence and increases their ability to self-regulate and makes them more resilient to upset and frustration.



INCREASING COOPERATION AND SOCIAL SKILLS

We share practical steps to help children settle into their new environment and train them in some vital social skills. These include being able to listen to and follow instructions, make new friends and acquire basic competences and skills so they can thrive at school.