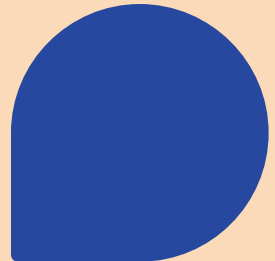
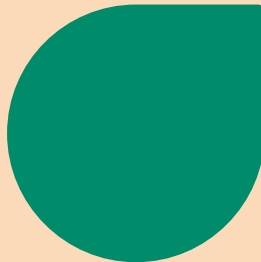


# Do you have children who are starting school?

Guidance and tips for parents with children in transition from kindergarten to school.



# Introduction

Starting school for the very first time is a major event in a person's life. Are you excited and concerned about your child starting school? Many children and parents have mixed feelings about starting school, both dreading it and looking forward to it with anticipation. All children need to feel safe and confident when going through changes in their lives, and therefore it is good to plan and talk about this transition. When your child is prepared for what is coming, it will be better able to master its new day-to-day life.

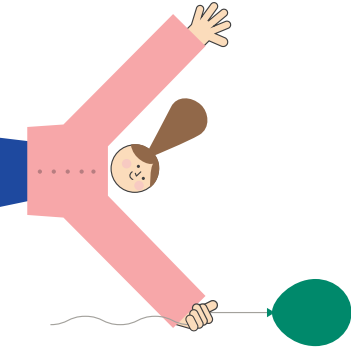
## Tips for you, a parent with a child about to start school:

Your child will be spending many hours, days and years in school, and it is important that the class environment is good for all the children. When your child has friends and enjoys school it will be easier and fun to learn. As a parent, you also play an important part in ensuring that your child and other children enjoy being at school and make friends there.

- Talk with other parents in kindergarten about the transition from kindergarten to school. Are some of the children starting at the same school? Could you prepare the children for this together?
- Help your child to be as independent as possible when it comes to getting dressed and going to the toilet.
- Practice walking with your child to school so it will feel safe.
- Talk with the school staff or parents in your child's class about arranging for children to walk to and from school together.
- Contact and become acquainted with the other parents in your child's class, this will lead to better cooperation and contact between the children and parents.
- Invite children from the section/class to your home and keep an eye on how the children play together. This may help to prevent exclusion and bullying of children.
- Talk positively about the children in the section/class and their parents, this will help your own child to be accepting and to acknowledge others.
- Make sure your child has enough sleep, food and exercise because then it will have more stamina in school.
- Consider how you as a parent can plan birthday parties and other social events so that all the children in the section/class are included. Perhaps you can arrange to use premises in the kindergarten or school for such events?



- Talk positively about school as that will influence your child's attitude to school.
- Be involved in your child's daily life in school, then your child will do better in school.
- Invite the whole class to take part in activities, this can contribute to a good class environment.
- Be prepared for having less contact with school staff than you have had with the kindergarten staff.



# Kindergarten and school start

The kindergarten staff shall in cooperation and understanding with the parents make the transition from kindergarten to school and SFO (school day care) safe and positive for your child. Check whether the kindergarten:

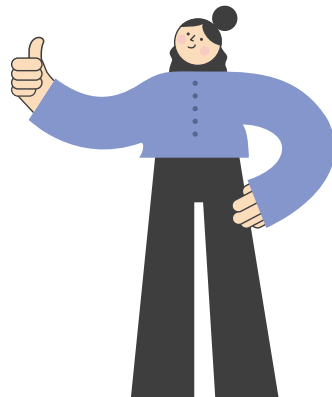
- Has routines for the transition from kindergarten to school and SFO.
- Has a special educational programme for the children who are about to start school.
- Will be celebrating the end of kindergarten and the start of school for the children.
- Invites you as parents to participate in the planning and implementation of the transition, for example in individual conversations or in a parent meeting.
- Gives information about your child to the school and that this is clarified first with you as the parent.
- Discloses information which is under the duty of secrecy to the school about your child or you. Pursuant to section 13 of the Public Administration Act (duty of secrecy), staff in kindergarten and school may not allow any third party access to or knowledge about information they may have gained about any one's personal circumstances. This can only be done in agreement with the parents.

# School and starting school

## Check out:

- Whether the school and SFO staff visit the children in the kindergarten before the start of school.
- Whether the school invites you as parents to collaborate on a good school start for your child.
- How the school works to ensure all children's wellbeing.
- Whether the school takes the children's friendships into consideration during the transition and when setting up classes..
- What the transition to school and SFO is like if your child is not attending a kindergarten..
- How the school ensures safety during recess and includes everyone in playing..
- What routines the school and SFO have for getting dressed and going to the toilet..
- How the kindergarten and school cooperate, if you have recently moved into the municipality.
- Whether you can take an interpreter with you to the transition meetings with the school so that you can be sure that the school obtains the correct information about your child.
- How the school and the SFO cooperate on following up and sharing information about your child.
- What expectations the school has for you as parents.
- Whether the school offers homework assistance.
- Whether the school has procedures for children needing extra assistance.
- Whether the school provides teaching that is adapted to the needs and aptitudes of your child.

**Foreldreutvalgene ønsker lykke til med den viktige overgangen fra barnehage til skole og SFO!**





National parents' committee  
for kindergartens



National parents' committee  
for primary and secondary education

### **Do you have children who are starting school?**

Foreldreutvalget for barnehager

Foreldreutvalget for grunnsopplæringen

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