



# The transition from preschool to primary school

Primary school has different demands and another way of functioning to that of preschool. This is why re-adaptation is needed on the part of both children and parents.

## What can parents do to facilitate this re-adaptation:

- Express their excitement that their child has grown up and will go to school.
- Prepare together with their child the space and objects which s/he will need for studying.
- Organise a consistent timetable on their child's daily routine (e.g. bedtime, arrangement of the course of transport from home to school and vice versa).
- Show confidence in their child. Stress that they are sure s/he will make it.
- Pay an introductory visit to the school and the teacher.
- Talk with the teacher and raise any possible difficulties their child or themselves might be facing regarding language or/and other issues.
- If they have any difficulty with the language, they use a relative or a friend (but not the child her/himself) to help them in communicating with the teacher.

- Escort their child on the first day of the school year and exchange impressions both during that day and later on. Devote time in doing it – it is a very important day for their child!
- Try to bring their child into contact with the other children of the school or her/his class.
- Speak positively, but also realistically, about the teacher and the other children (e.g. "s/he may have told you off but it is only because s/he cares").
- Prepare the child for the school reality by talking honestly about it, without scaring her/him off. Do not draw attention to the demands but to the positive elements (i.e. when the child learns new things, s/he will be able to read fairytales on her/his own, s/he will have friends to play with).
- Show interest for what is happening at school and for whatever the child learns. Ask her/him if s/he had a good time, but also make more specific questions, such as "what did you talk about?", "what did you like the most?"
- Praise the child for this/her successes, while considering any failures or difficulties as normal.
- Encourage their child to pack her/his school bag on her/his own and prepare their school tasks.

After talking with the teacher, **it would be good for parents to seek the advice of a specialist (e.g. a psychologist) if:**

- The child refuses to go to school for a long time or s/he develops intense fears or bodily symptoms.
- Parents have trouble facing their child's difficulties.
- The child finds it hard to meet his/her learning challenges.
- The child appears to have difficulties in her/his relationship with the other children, e.g. s/he is isolated or very aggressive.
- The child has trouble concentrating on her/his homework.



*Programme Implementation*

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[www.polydromo.gr](http://www.polydromo.gr)  
[polydromo@polydromo.gr](mailto:polydromo@polydromo.gr)

*Author*

**Anthoula Kontopoulou**  
School of Early Childhood Education  
Aristotle University of Thessaloniki

*Programme Coordination*

**Birbili Maria – Tsokalidou Roula**  
School of Early Childhood Education  
Aristotle University of Thessaloniki

**Email:** [mmpirmpi@nured.auth.gr](mailto:mmpirmpi@nured.auth.gr)  
[tsokalid@nured.auth.gr](mailto:tsokalid@nured.auth.gr)

**Website:** [www.polydromo.gr/dialogos](http://www.polydromo.gr/dialogos)

*Translation - Processing*

**Evi Markou**

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