

Social scripts can help provide reassurance through the structured provision of information in a consistent manner. When the child is processing that a change is coming it may be helpful to provide a short script to help manage anxiety. These should be presented in a simple way to the child.

For example,

“In September I will start my new school. It is called _____.
My teacher, _____ knows I like _____.
If I am stuck or worried, I can ask my teacher for help.
I have had lots of fun at _____, but now I am nearly 5 it is
time for big school.”

“I am starting a new school because I am growing up. At my new school I will
learn new things and meet new people. All the teachers will help me. My family
will pick me up at the end of the day.”

“I am starting my new school in September. I will take my bag with my lunch box
with me. _____ from my nursery is going to my school, too. My
friend _____ is going to a different school. I can still play with them in
the park sometimes.”

“I am starting my new school in September. I am worried that I won’t know
what to do. Lots of children worry about this, too, but the teachers will help us
all.”