

Tips on Easing the Transition to School

FAMILY VIOLENCE PREVENTION COUNCIL

ROUTINE

In the months and weeks before your child goes to school try to keep going over the new routine that will be in their life so they can get familiar with it. When children know what to expect transitions go much smoother

- Show your child where they will be attending school - the building, the playground, the bus stop, etc.
- Discuss how they will get to school and how they will get home.
- Talk about how long they will be at school in ways they can understand.
- Share the names of the teacher, the principal, the bus driver, the nurse and any other important people at the school they should know about.
- Tell them how they will dress to go to school and what they might take to school with them, e.g. back pack, your phone #.
- Talk about their schedule and routine that they will have before and after school. and start practicing the before school routine a few weeks before school starts.
- Discuss what they should do if they need to go to the bathroom or if they feel sick while at school.
- Make sure your child has breakfast or lunch



AFTER SCHOOL

*Check in with your child to see if they had a good day!
Ask your child:*

- One thing they learned in the day.
- What was the best part of their day.
- If they need to get anything ready for the next school day.
- If they have anything they need to give you that was sent home that day.



Family Violence
Prevention Council

Partnership for Safer Families



Safety Planning for Families

HELPING CHILDREN FEEL SAFE

FAMILY HOME SAFETY PLAN

All families should prepare for fire safety and burglar defense, but you should also plan for natural disasters. The details of how to prepare depend on where you live.

- **Identify the safe space in your home:** these spaces would be where your children would come to find you in the event of an emergency.
- **Locate an outdoor safe space:** this space would be used if everyone's first order is to get out of the home as quickly as possible.
- **Know the equipment:** Children should know what a smoke detector sounds like so they can react appropriately. Other pieces of equipment may be a fire extinguisher, carbon monoxide detector, or a home security alarm.

EMOTIONAL SAFETY PLAN

Feeling big emotions is part of life, but sometimes dealing with those emotions in a positive way is difficult. This plan ensures everyone understands what family members need when experiencing a big emotion.

- **Identify and name the emotions:** This ensures that everyone can use the same language to describe what they are feeling.
- **Locate Safe Spaces:** These are places in the house that a family member can use to help calm themselves or think quietly.
- **Know when to ask for help:** If a family member struggles to manage their emotions, consider asking a doctor or school social worker for help. If anyone is a harm to themselves or others, call 911!

INTERNET SAFETY PLAN

Computers, tablets, and smartphones are used so regularly that everyone can forget the dangers they can truly pose to children. A written and agreed upon plan is a great way for children to maintain safety while being on-line.

- **Identify the risks and dangers:** Caregivers should prepare to do their research regarding the apps, games, and programs their children use in order to maintain safety. By being educated, this plan will stay up to date with current trends.
- **Location matters:** Children have safer internet habits when the device is located in closer proximity to a supervising adult, discuss in your plan where devices are allowed.
- **Know what to say:** Role play with your child so they have the tools and skills to respond appropriately when communicating online. This can include not giving out personal information, replying to bullies, or when to alert an adult to a dangerous encounter.

Some families may need to make a Domestic Violence Safety Plan to keep them safe from an offender. These plans are very personal and should be done with the support of a professional.

RISE- NY can help a non-offending parent create this plan.



Hotline: 607-754-4340 24/7 Availability: 1-877-754-4340
Advocacy & Counseling Services: 607-748-5174
Chat feature: rise-ny.org

