

1. SIGNS THAT YOUR CHILD MAY BE READY FOR A NEW SCHOOL ENVIRONMENT

Every child is unique, but there are certain indicators that can help you identify whether they're prepared to take the next step:

- > **Greater independence:** shows interest in doing things on their own (getting dressed, tidying up, following simple instructions).
- > **Interest in interaction:** seeks to play with other children, start conversations or share activities.
- > **Natural curiosity:** frequently asks questions, shows interest in books, educational games or routines.
- > **Ability to adapt:** adjusts relatively easily to new routines, people or environments.
- > **Basic emotional communication:** can express their feelings through clear words or gestures.

Remember: it's not about ticking every box, but rather noticing patterns that may suggest a readiness for change.

2. KEY QUESTIONS TO REFLECT ON AS A FAMILY

Thinking things through together can bring emotional and practical clarity:

- > What kind of emotional support does our child need right now?
- > How do they respond to changes or new routines?
- > What are we looking for in an educational environment?
- > Does our child feel safe away from home? How have they responded in past social or group activities?
- > Are we, as a family, ready to support this process consistently?

3. RECOMMENDATIONS FROM OUR PROFESSIONALS

Based on experience with hundreds of families and children, our team of experts suggests:

- > **Observe without comparing:** every child has their own rhythm. Avoid comparisons with siblings, cousins or peers.
- > **Practise short separations:** if your child isn't yet in school, try leaving them with relatives or in workshops to build emotional confidence.
- > **Make gentle transitions:** talk about school, visit the premises, get to know some of the materials or teachers before starting.
- > **Encourage routines:** having clear times for sleeping, eating or playing helps build a sense of security and confidence.

4. WHAT IF IT'S BETTER TO WAIT A LITTLE LONGER?

Taking more time is also a valid decision, especially if:

- > Your child shows high levels of anxiety when separated from you.
- > They show no interest yet in interacting with other children or following simple instructions.
- > Your family is going through major changes (e.g. a move, bereavement, etc.) and your child needs stability.

Delaying the start of school can be a conscious, responsible, and emotionally intelligent choice.