



# Little Life Warriors Play Therapy

## Helping Your Little Warrior Thrive!

Starting prep is a big deal! It's exciting, new, and can sometimes feel a little overwhelming for your child—and for you! Let's set your little warrior up for success using simple strategies rooted in child-centered play therapy.

### Core Principles to Support Your Child

#### **1. Celebrate Their Uniqueness**

- Highlight your child's strengths and remind them it's okay to feel all the emotions—whether excited, nervous, or curious.
- Try saying: "Starting something new can feel tricky, but I know you can handle it!"

#### **2. Encourage Small Steps Toward Independence**

- Let them pack their school bag or pick out their clothes. Small wins build confidence.
- Ask open-ended questions like: "What would you do if you felt nervous at school?"

#### **3. Play It Out**

- Use pretend play to practice first-day scenarios—meeting friends, raising their hand, or asking the teacher for help.
- Puppet shows or dress-ups can make this even more engaging!

#### **4. Create Emotional Safety**

- Let your child know they are seen, heard, and loved no matter how they're feeling.
- Consistent reassurance builds trust: "I'm always here if you want to talk about your day."

## Practical Tips to Ease the Transition

### **Morning Routines Made Easy**

- Use simple picture cards for steps like brushing teeth, getting dressed, and packing their bag.
- Prep as much as possible the night before to keep mornings smooth.

### **Goodbye Strategies**

- Create a fun goodbye ritual—a special hug, handshake, or even a silly dance!
- Keep drop-offs quick and upbeat. Trust your child will settle in with time.

### **Boost Confidence Through Play**

- Encourage role-play and creative activities to rehearse school experiences. For example, set up a "pretend classroom" at home!

## Tackling Common Challenges

### **Separation Anxiety**

- *Challenge:* Fear of being apart from you.
- *Solution:* Send them with a small comfort item or a note in their lunchbox. Practice short separations at home to build confidence.

### **Making Friends**

- *Challenge:* Struggling with social interactions.
- *Solution:* Role-play scenarios like introducing themselves or taking turns. Reinforce these skills during family playtime.

## **Handling Overwhelm**

- *Challenge:* Sensory overload from noisy or crowded environments.
- *Solution:* Build a calming corner at home or pack a small “comfort kit” for school (e.g., a soft toy, a fidget tool).

## **Adjusting to New Routines**

- *Challenge:* Resistance to change.
- *Solution:* Stick to consistent routines and provide visual aids to make new steps feel familiar.

At **Little Life Warriors Play Therapy**, we specialize in empowering children through play to embrace new experiences with confidence and joy.

## **Parent Resources to Support You:**

- **Emotion Matching Game** - A school transition-themed game to play at home promoting connection, problem-solving, building confidence, and starting conversations.

**Meditation** - A school transition-themed meditation. Set the scene with a darkened room, calming music and soothing scents and enjoy this meditation together. Building confidence and practising mindfulness.

Available for free at [Resources | Little Life Warriors Play Therapy](#)

Let's Connect!

Contact us to explore how we can make this milestone fun and successful for your child. You've got this—and so do they!

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