“Dear [Teachers Name],

We are pleased that our son, [Name], will be in your class this year and we look forward to starting his educational journey with you. As this is [Child’s Name] first introduction to the school environment, we are hoping to make it a positive experience for him. However, given his sensitive nature, we are expecting that he may have some trouble adjusting, particularly with morning drop offs. We thought it best to touch base with you about this so that we can discuss how to best support [Child’s Name].

We’re aware that parents have traditionally been advised that the best way to deal with morning drop offs is to make a quick exit despite the child’s distress. However, recent research suggests that, for some children (particularly sensitive children), this may not be the best approach as it can push their distress levels too high leaving them feeling unsafe and highly anxious. When this happens, the child’s brain and body are flooded with stress hormones, which alters their mental state in such a way that it becomes difficult to pay attention and properly take in information from their surroundings. Not only does this hinder their ability to learn and make friends, but repeated or prolonged exposure does

not support optimal brain development (even if the child appears to ‘settle’ soon after separation).

In light of this, we would like to propose an alternative approach to morning drop offs that better supports [Child’s Name] learning and wellbeing. Rather than a quick exit, we would like for [Support Person] to stay with [Child’s Name] in the mornings a little longer to help him settle into the classroom each day. We expect that this may be needed until such time that [Child’s Name] becomes sufficiently familiar with his surroundings and builds a good enough relationship with yourself and his peers.

We are aware that this approach is a bit different to what some may be used to; however, we would really appreciate your support on this issue. We believe that this gentler introduction is in [Child’s Name] best interests as it gives him the opportunity to engage in the classroom

and with others while feeling safe and supported (rather than anxious and afraid). Not only does this foster the kind of relaxed mental state needed for effective learning, but it sets up a positive foundation of feeling safe and secure in the school setting. This will serve him well for his entire educational journey both academically and socially.

If you would like to discuss this further, then we would welcome the opportunity to meet with you. We are guided by the attached handout but are, of course, open to your input and guidance on how to support [Child’s Name] while minimising any disruption to the classroom.

Thank you and kind regards,

[Parent Name]