

PREPARING YOUR CHILD FOR SCHOOL!



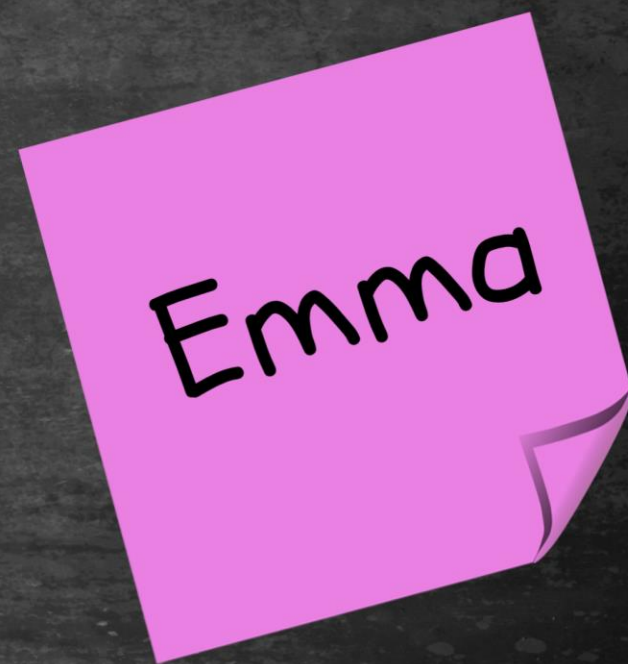
Parents and caregivers can do lots to help prepare their child before they start school.

In the lead up to starting school, it is beneficial for children to be given plenty of opportunities to practice the following skills!



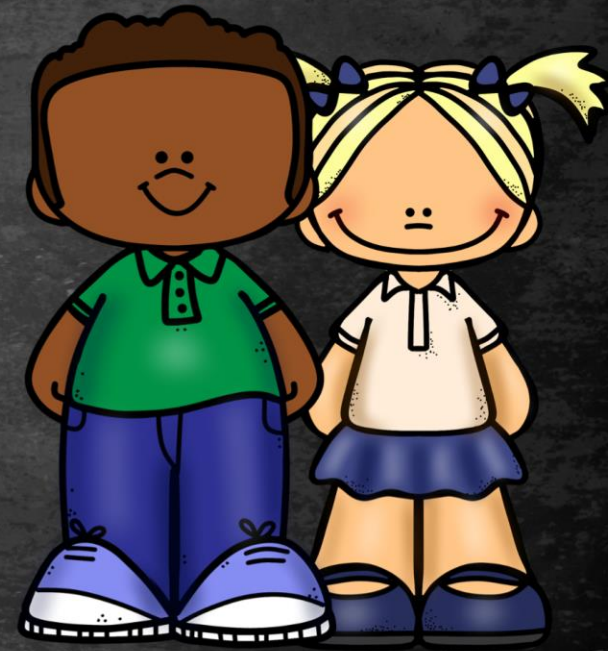
WRITING THEIR NAME

- Capital letter at beginning only.
- It can be very hard to 'unteach' stray capitals in names!



GETTING DRESSED INDEPENDENTLY

- Students should be able to dress themselves independently.
- Putting on/taking off school shoes and socks.
- Opportunities to practise tying own shoe laces.
- Putting on jumpers and rain coats independently.



FAMILIARISE WITH SCHOOL BAG

- Getting used to putting bags on their backs, carrying them, and taking them off.
- Packing their bags with all their school items.
- Zipping their bags open and closed.



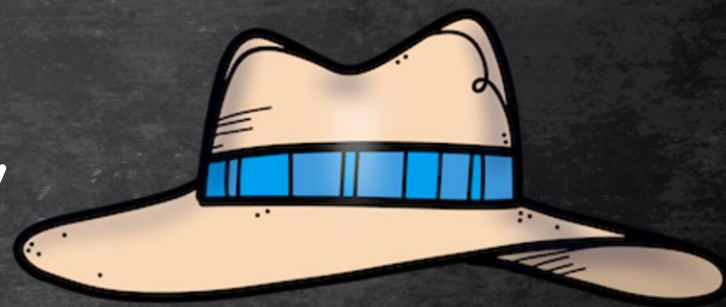
USING TOILETS INDEPENDENTLY

- Discuss how your child will use the toilets at school.
- Remind them that they will be given regular times to go throughout the school day. They must always ask the teacher before they go during class time.
- For boys: familiarise with urinals and make sure they know how to use them correctly.
- Pack a spare pair of underpants in your child's school bag- just in case!



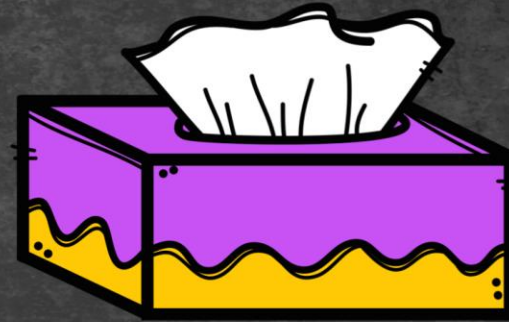
WEARING HATS OUTSIDE

- No hat, no play.
- When children come inside, get them to practise putting their hat in a designated place to keep it safe.



PERSONAL HYGIENE

- Washing hands after going to the toilet.
- Practise using tissues to blow their nose.



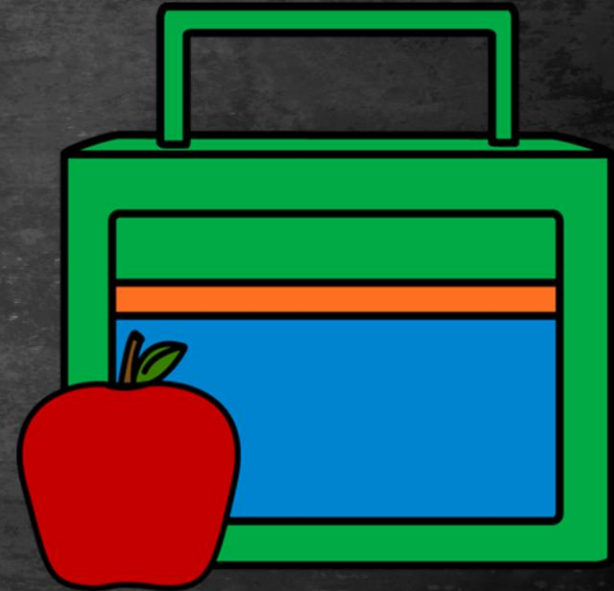
SOCIAL SKILLS

- Lots of opportunities to play cooperatively with other children- practise sharing, turn taking etc.
- Encourage them to apologise when they make a mistake.
- If possible, arrange some play dates with other children- also a good opportunity to help your child learn how to separate from their parent or carer without too much distress.



PREPARING FOR EATING BREAKS

- Opening and closing lunch boxes.
- Ensure your child can unwrap or open all containers.
- Using drink bottles and bubblers.
- Discuss what they will eat at different eating breaks- e.g. Morning Tea, Lunch, Fruit Break.



FRUIT BREAK

- Fruit/vegetables and water only.
- Please chop into small pieces.
- Preferably no messy fruits!



READ, READ, READ!

- Children who enjoy books are always more enthusiastic to learn to read.
- Practise holding a book correctly and turning the pages.
- Ask questions about what you've read. For example:
 - What happened next?
 - What was your favourite part?



READ, READ, READ!

- Read poems and Nursery Rhymes.
- Poetry develops phonemic awareness (e.g. ability to hear rhyme, distinguish sounds etc) which is one of the biggest predictors of future reading ability.



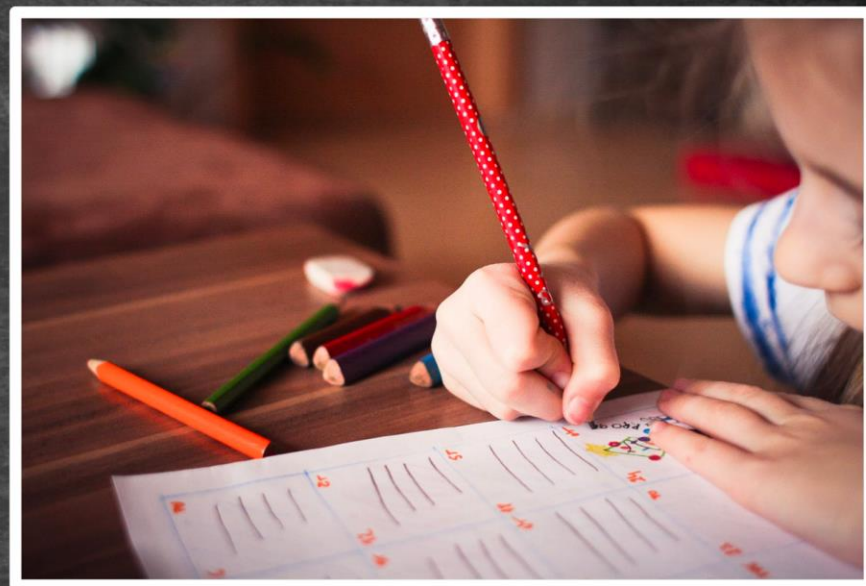
LANGUAGE SKILLS

- Encourage your child to talk about familiar objects and events.
- Following simple 2 step instructions e.g. put on your pyjamas, then go and brush your teeth.



LANGUAGE SKILLS

- Encourage your child to communicate their needs e.g. I'm thirsty, I need to go to the toilet.
- Allow your child to use a variety of tools to draw, scribble or write known words.



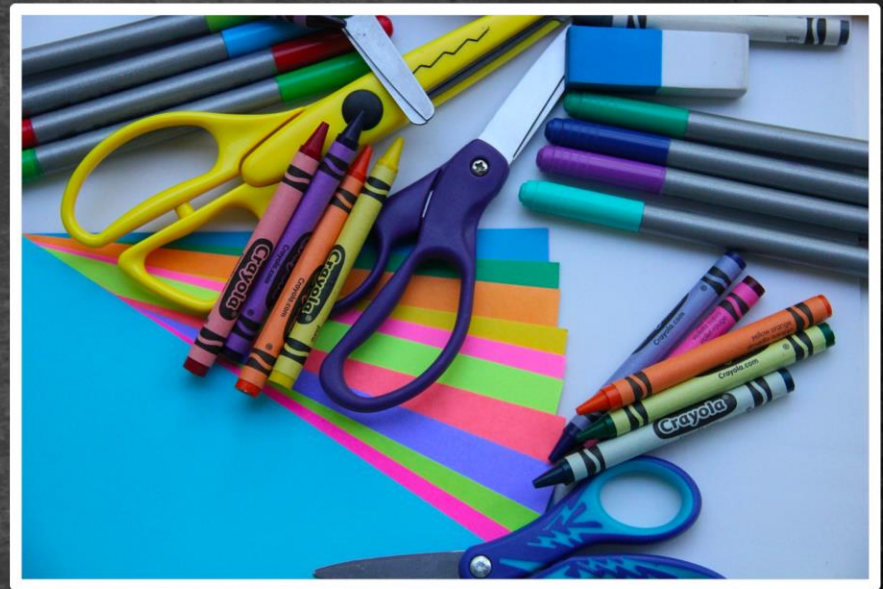
NUMBER SKILLS

- Simple counting
- Identifying numerals 1-10 and counting out corresponding objects
 - E.g. count 5 teddies
- Matching objects that are similar shape, size or colour.



FINE MOTOR SKILLS

- **Cutting and pasting**- using scissors safely and holding scissors correctly.
- **Pencil control**- get your child used to holding pencils, encourage correct pencil grip whenever possible.
- We will email info sheets out to you that has more information on how to help with these skills.



FINE MOTOR SKILLS

- Working with playdoh, tracing, beads, Lego etc.
- Also build gross motor skills through indoor and outdoor play, and encouraging your child to engage in activities that develop balance and coordination.



SOCIAL EMOTIONAL SKILLS

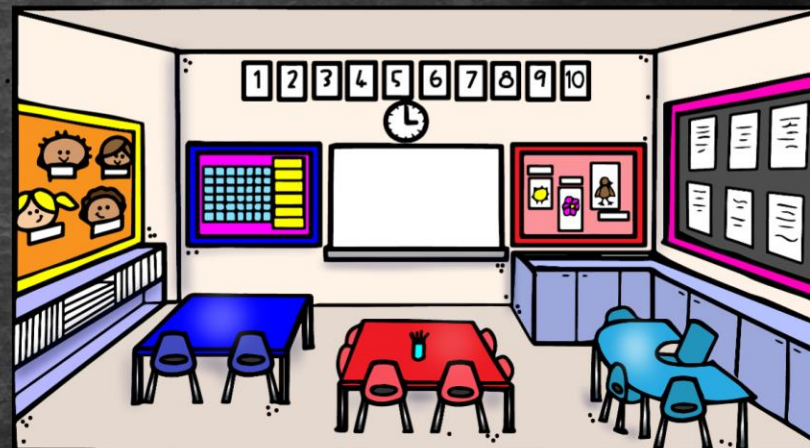
- Developing resilience
- Playing cooperatively in groups
- Self help/problem solving- role play scenarios and how to problem solve them
- Tidying up after themselves
- Responsibility for their own items
- Interacting with adults other than parents



PREPARING FOR THE FIRST DAY

In the weeks leading up to the first day of school:

- Discuss the kinds of things that will happen at school. Try to get your child excited!
- Go for a walk past the school.



THE NIGHT BEFORE SCHOOL

- Help your child pack their bag with everything they need- hat, jumper, water bottle, spare pair of underpants.
- Ensure every item is clearly named.
- Make sure your child gets a good night's sleep.



THE MORNING BEFORE SCHOOL

- Have a healthy breakfast.
- Show your child what they have for lunch- discuss what to eat when, ensure they can open everything.
- Discuss what they're looking forward to about day ahead.



THE MORNING BEFORE SCHOOL

- Reassure your child that it is ok to feel nervous, and that their teacher will give them all the instructions they need.
- Discuss how you will say goodbye while they are calm.
- Leave plenty of time to get to school- running late is stressful for children!



ONCE AT SCHOOL

- Show your child where you will pick them up in the afternoon.
- Get your child to put their own bag away, so they know where to locate it later in the day.
- If your child becomes upset, please do not prolong the farewell. They will be well looked after, and we will call you if there are any problems.



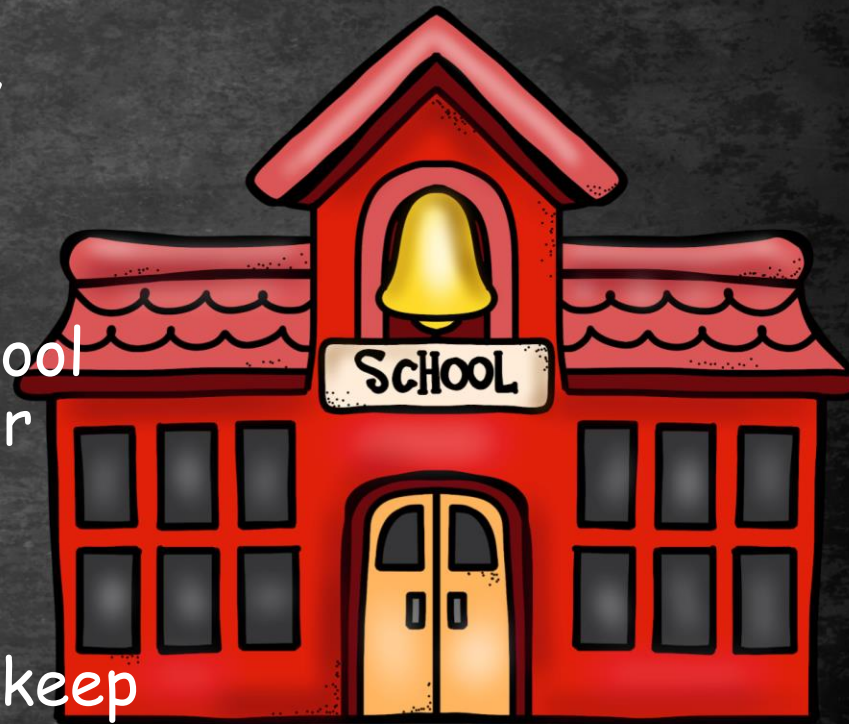
AFTER SCHOOL

- Please be on time to pick up your child.
- Allow your child to collect their own bag.
- Do not play on school equipment.
- At home spend time asking questions and listening to your child talk about their day.
 - Not "What did you do today?" as they will often say NOTHING.
 - Try "What was the best thing about your day?"



FIRST FEW WEEKS OF SCHOOL

- Don't be concerned if your child is extremely tired- don't plan too many afternoon activities.
- Don't keep your child home from school unnecessarily, as this can impact your child's learning and settling process.
- However if your child is sick, please keep them home to avoid other students becoming sick.



FIRST FEW WEEKS OF SCHOOL

- Speak to your child's teachers about any concerns you may have- but also give your child a chance to settle and adapt to their new school environment.
- Regularly check communication from school and classroom teacher. to ensure you are well informed about school events and anything you may need to know about assisting your child at home.

