

Preparing for school



Merri Health

Healthcare that moves with you

Getting your child ready for going to school involves a lot of help from both your child's kindergarten teacher and from you, their family. Here are some ways to support your child to be ready for school over term 4 and the school holidays:

Get to know your new school

Attend orientation/parent information sessions.

Visit the school often - walk or drive past.

Check the school website for photos, videos or information.

Have a consistent routine

Establish consistent routines at home to help your child feel organised and well rested on school days.

Set up routines around bedtime, mealtime and getting ready in the morning.

Build your child's independence

Let your child try and do things on their own.

Practice new and difficult things at home - like getting dressed, packing/carrying school bag, opening/closing food container and packets, toileting.

Practice everyday activities

Help your child learn through everyday activities - like cooking, setting/clearing the table, sorting washing, putting clothes/toys away.

Ask your child questions when engaging in these activities.

Practice problem solving

Talk about any concerns your child has about starting school and how to handle tricky situations.

Ask them questions such as 'What could you do if this happened?'. Provide words for your child to use, "hello, my name is..." "what's your name?" "can I have a turn?" "can I play with you?".

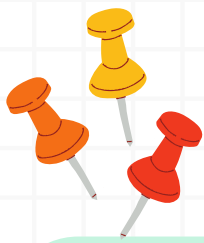
Organise play dates

Set up play dates with children who will be going to the same new school. Play dates allow your child to practice skills needed for school.



Please turn over for more tips...





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Build strength and movement

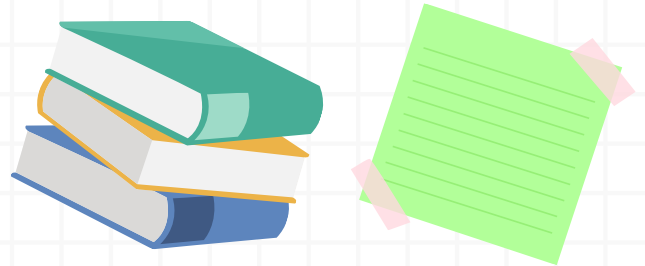
Your child needs to engage in 30 minutes of movement every day. Find different locations to build your child's strength and movement skills. Use your child's new school environment.

Support listening and talking

Interact with your child during everyday activities, like meal times, bath times, in the car. Regularly use multiple step instructions, like "grab your jacket, put your gum boots on and wait at the front door". Make sure you get their attention first before giving them the instruction.

Read books together

Book reading tips: orientation of the book, front page, back page, title, author. Find books about starting school. You don't need to read the words to share a story. Follow your child's lead when reading together.



Build emotional resilience

Talk about school in a positive way, "you will learn lots of new things at school". Talk about emotions that you or your child might be feeling, e.g. "I am feeling happy because you shared your toy with your brother". Ask your child how they feel about going to school. Start using calming techniques at home, like taking 3 deep breaths, going to a quiet space to read a book, going for a walk, having a drink of water.

Term 1

In Term 1, help your child set up for success by getting and maintaining these 3 Brain Fuels:

Routine

Sleep

Nutrition and Exercise

If you have any concerns about your child starting school, make time to talk to your child's kindergarten teacher.

