

Setting your child up for success in Term 1



Merri Health
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Going to school is a huge achievement for your child. Here's some tips and tricks to keep your child on track for a happy and healthy start to Term 1:

Get the foundations in check!

For children to be able to successfully: manage their emotions, socialise with others, and develop independence skills, communication skills, and strength and movement abilities; children need support from adults to get and maintain the following 3 Brain Fuels:

Routine

Routines provide consistency and predictability, helping children feel safe and to manage any worries.

Sleep

Aim for consistent quality and quantity of sleep on school nights and weekends.
Aim for 10-12 hours a night.

Nutrition and Exercise

Children need at least 30 minutes of good physical activity a day, as well as lots of water and a mix of fruit, vegetables, grains and meats/legumes. Exercise helps burn off the stress chemicals like cortisol and also makes the brain release feel good chemicals like dopamine.

Some other tips to help your child during Term 1

Excitement and interest may vary (both up and down!) - Give your child plenty of love and support, and be mindful that excitement varies and that's okay.



Family routines and sleep patterns may need to adapt to accommodate your child's tiredness and learning fatigue. Meal times and bedtimes might need to be earlier in the night to allow for a longer sleep overnight.

Your child will be tired - be mindful about not filling up your child's social calendar excessively for after school hours.

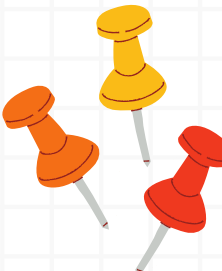
Please turn over for more tips...

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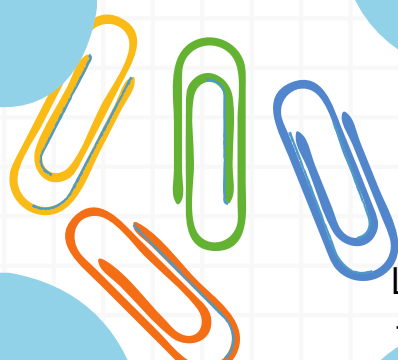
Some other tips to help your child during Term 1




Organise contact with previous Kinder friends who are not attending the same school.




Identify your child's strengths and focus on what's going well rather than what is wrong. Be sure to let your child know how proud you are of them for being at school and for giving it their best efforts.



Avoid letting your experience of school impact on your child's experience. Be excited and enthusiastic about your child being at school. This sends your child the positive message that school is exciting and that they'll cope and have fun.



Learning to read and write will be a focus at school. Don't expect your child to start doing this instantly – some practice will be required. As long as your child is happy and seems to be enjoying school, the learning can come later on in the year.



Set realistic expectations and celebrate small steps!

Have lots of laughs, play time and down time.

References:

[Starting school: preparing your child](#) | [Raising Children Network](#)

Developed by Merri Health School Readiness Team - Merri Health

