

HOW TO PREPARE YOUR CHILD FOR SCHOOL

As the time gets close for the child to start school there are a number of things which parents can do to help the child settle in easily.

- Walk or drive past the school, so that the child knows the way, how far it is from home.
- Point out the school building and playground areas.
- Once school starts make sure the child knows what to do after school, go to After Care or wait with the teacher. Children need to be met on time to assist them remain secure in their new setting.
- Label all clothing that may be taken off, together with such items as lunch boxes, drink bottle and school bags. Show the child the label and help them to recognise and locate their name. As school bags look alike it often helps to tie a ribbon or attach a special label to help the child easily identify their bag.
- Talk about how long the school day will be in a way that the child can understand. “It’s longer than kinder you’ll have a little lunch and a big lunch and after that perhaps some stories and school will be nearly over for the day.”
- Talk about the differences between playtime and lunchtime. Show your child what food you have packed every morning and say when you expect it to be eaten. Make sure that the child can easily open the lunch box and drink container.

PLEASE DONOT SEND TOO MUCH FOOD.

SOME PARTICULAR AREAS FOR PARENTS TO CONSIDER....

Eating

At school children need to:

- Feed themselves
- Undo a lunch box
- Drink from a straw
- Get a drink from the drink tap
- Unwrap a food package, including plastic wrap.
- Unscrew a drink container
- Dispose of rubbish appropriately.
- Suggested food -fruit for morning recess, (please peel and cut oranges/apples)
- sandwiches or roll, fruit and a drink for lunch.

Please try to save chips and lollies for a special treat. Drinks in glass bottles or cans are discouraged.

Nose Blowing

Some children seem unaware that their nose needs blowing. For health reasons it is important that parents remind children when their nose needs blowing and show the correct use of a handkerchief. Tissues brought to school are made available for the children in the classroom.

Toileting

Children will also need to:

- Go to the toilet by themselves and undo and do up any buttons and zips.
- Boys – know how to use the urinal
- Flush the toilets
- Wash their hands
- Manage the taps.
- Toilet training is usually accomplished over a period of years and most children are competent by the time they start school. However, “accidents” can happen at this age. We try to prevent these by programming regular visits to the toilet during the first weeks.
- In the first year of school, parents should send spare underwear, shorts and socks in a plastic bag, as accidents do happen. Please ensure that these are clearly labelled and replaced as necessary.

Dressing

- Sometimes children feel too hot or too cold so they must be able to cope with windcheaters by themselves. Often shoes must be taken off and put on again when indoor games are played.
- The best way to help children learn these skills is to encourage them to dress themselves.

TALK TO YOUR CHILD IN A POSITIVE WAY ABOUT SCHOOL

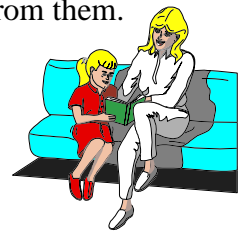
- Provide your child with many and varied new experiences by taking them to parks, museums, a farm or the zoo. Encourage them to discuss what they have seen or heard. Try and learn together as a family.
- Encourage your child to be independent and full of initiative as this will help him/her with his/her academic progress at school. It will also aid the child in trying new things and not being afraid to “give it a go”.
- Give your child practice in saying his/her own name and address, and having him/her respond when his/her name is called.
- Help your child to practise writing his/her name in small letters with only a capital letter at the beginning.
- Read and talk to your child as much as possible.

- Encourage him/her to listen and carry out simple instructions.
- Encourage your child to think of teachers as helpful people.
- Teach your child about road safety rules.
- Inform your child about the importance of not talking to strangers.
- Practise separation from you, to lessen trauma that may be experienced next year.

Children are like seeds; nurture them with love.

LANGUAGE SKILLS

- Talk to your child and encourage him/her to relate his/her experiences to you.
- Read to your child.
- Tell your child stories.
- Help your child to become aware of books and the enjoyment derived from them.
- Teach them rhymes that you may know.



MOTOR SKILLS

- Tying up and undoing his/her laces.
- Undoing and doing up zippers and buttons.
- Putting on and taking off coats and jumpers.
- Allow your child to handle small scissors, crayons, paper, pencils and glue.

SOCIAL SKILLS

- Teach your child to share materials, toys, games and equipment.
- Encourage your child to mix with other children.
- Teach your child to recognise and be responsible for her/his own belongings.
- Encourage her/him to put things away neatly after use.