

# Ten tips for parents of children starting kindergarten

Starting school can be a busy time for all concerned. The summer may be nearly over and a new school year is ahead - for some, this is the first time. Here are our ten tips to help you prepare:

## 1. Provide information about your child's immunisation status

Your child will be coming into contact with lots of other children, and infections can spread very easily. Immunisation records need to be presented for Kindergarten enrolment. Under the Public Health (Amendment) Act 1992, children who have not been immunised may be sent home during an outbreak of a vaccine-preventable disease.

## 2. Learn the names of the important people at the school

This will help you communicate with your child about what they do each day at school. It is also important that you have relationship with your child's teacher and principal to ensure you are up-to-date with your child's progress.

## 3. Give all information about your child to the school, especially medical and special needs

You know your child best. Your child's kindergarten teacher will have many students to get to know. Help the teacher understand your child better and faster by sharing information and insights. This will also ensure that your child gets any essential attention they may need.

## 4. Provide emergency contact numbers

The school might need to contact you urgently. Provide alternative numbers and contacts in case the school is unable to contact you.

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### 5. Make the school aware of any special family circumstances

Any changes to your child's family situation can impact on their emotional and academic wellbeing. Inform your child's teacher and principal about any change in circumstances so that the child can be supported if necessary. Examples of special circumstances include the birth of a sibling, divorce or the death of a loved one.

### 6. Establish routines with your child and stick to them

Prepare your child for a more structured day. Make a daily routine that includes meal time, talking time, and reading time.

### 7. Make sure your child is road/travel safe

Children should know to cross the road only at marked crossings. Please set a good example. Take particular care when dropping off and collecting your child from school.

### 8. Become familiar with school activities and develop a relationship with the school

Parents/caregivers set an example. If you are positive and encouraging towards the school, your child will be too. Both the students and teachers will appreciate your involvement and assistance in activities ranging from sports and excursions to music and drama presentations.

### 9. Educate your child about 'stranger danger'

Teach your child not to talk to strangers. They should not accept gifts or lifts from someone that they do not know.

### 10. Label equipment and clothing

Replacing lost clothing and equipment is expensive and inconvenient. You should clearly mark every item with your child's name.