

10 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:

<p>1. Provide information about your child's immunisation status</p>	<p>2. Learn the names of the important people at the school</p>
<p>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.</p>	<p>This will help you communicate with your child about what they do each day at school. It is also important that you have relationships with your child's teacher and principal to ensure you are up-to-date with your child's progress.</p>
<p>3. Give all information about your child to the school, especially medical and special needs</p>	<p>4. Provide emergency contact numbers</p>
<p>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.</p>	<p>The school might need to contact you urgently. Provide alternative numbers and contacts in case the school is unable to contact you.</p>
<p>5. Make the school aware of any special family circumstances</p>	<p>6. Establish routines with your child and stick to them</p>
<p>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.</p>	<p>Prepare your child for a more structured day. Make a daily routine that includes meal time, talking time, and reading time.</p>
<p>7. Make sure your child is road/travel safe</p>	<p>8. Become familiar with school activities and develop a relationship with the school</p>
<p>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.</p>	<p>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 sport and excursions, to music and drama presentations.</p>
<p>9. Educate your child about 'stranger danger'</p>	<p>10. Label equipment and clothing</p>
<p>Teach your child not to talk to strangers. They should not accept gifts or lifts from someone that they do not know.</p>	<p>Replacing lost clothing and equipment is expensive and inconvenient. You should clearly mark every item with your child's name.</p>

Supporting your child's Transition to School



You can help your child prepare for school by providing everyday opportunities and experiences...

Encourage Independence

- Provide opportunities for your child to dress themselves
- Encourage your child to toilet independently
- Help your child to be responsible for their own belongings
- Allow your child to unpack their own lunch
- Follow a structured routine with your child
- Encourage your child to follow instructions
- Always practice road safety with your child

Develop Social Skills

- Explain rules and how to follow instructions
- Socialise with peers and provide opportunities for your child to play with other children, share and take turns
- Play group games
- Help your child to work out strategies for conflict resolution

Encourage Resilience

- Encourage your child to express their thoughts and needs
- Help your child to work through conflict with friends
- Provide opportunities for your child to be responsible
- Allow your child the time to problem-solve themselves
- Allow your child to make mistakes

Enhance Language Development

- Have conversations with your child about everyday topics
- Sing songs together
- Make up silly rhymes and poems
- Play word games e.g. Can you think of an animal that starts with the letter 'A'?
- Look and read out signs

Promote Conversations

- Make everyday things an exploration of language
- Have regular conversations with your child and ask your child questions
- Encourage your child to ask why
- Promote talking and listening to each other's thoughts and ideas

Encourage Reading

- Expose your child to different types of texts every day e.g. Stories, poems, factual books, and comics
- Help your child to recognise their name and the sounds the letters in their name make
- Make reading exciting by trying to guess from the front cover what the story is about

Develop Writing Skills

- Expose your child to a variety of writing mediums e.g. pencils, crayons, paint, textas
- Encourage correct pencil grip
- Play games that strengthen hand muscles e.g. play dough, threading, cutting, drawing
- Practice identifying words

Enhance Co-ordination

- Practice their hand-eye coordination through threading, building with Lego and blocks, cutting, doing puzzles, drawing and using play dough
- Have fun with physical activities such as climbing, skipping, jumping, throwing and catching a ball and running

Develop Mathematical Awareness

- Play with numbers e.g. cards, matching games and singing
- Help them to identify and recognise numbers in everyday situations
- Explore and have fun with measurement e.g. volume, mass, size
- Talk about concepts such as above, below, inside, outside, in, out and on