

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