



Preparing Your Child For Kindergarten

Social and Emotional Well Being

Often people feel anxiety when they experience something new for the first time and this is no different for children when starting school. You can help reduce your child's anxiety when settling into Kindergarten through these simple steps.

Practice Getting Dressed In School Clothes

Encourage your child to practise dressing themselves, practise pulling down and pulling up their pants/ stockings to use the toilet, practise fastening zips.

Practice Putting Shoes On And Off Independently

This is an activity that your child will need to do regularly at school.

Have A Practice Lunch From Their New Lunch Box

This will help your child to master opening items independently and determine healthy food preferences.

Practise packing their bag

When packing their bag encourage your child to put in their Take Home bag first and then lunchbox, jumpers and water bottles. Show your child how to lie their bag flat on the straps to make zipping it closed much easier.

Ensure Your Child Is Getting Adequate Sleep

A child requires ample of sleep for all round development. "School age children need to sleep at least 10-12 hours per day."

(University of Virginia Research Study)

Discuss Their Possible School Experience

Making new experiences "exciting" develops your child's resilience and makes them enthusiastic about participating.

Practice Leaving Your Child With Other Trusted Adults

Allow your child to stay with other trusted adults other than mum and dad prior to Kindergarten. This helps to prepare them for the experience of school. Talk with your child before the commencement of school, clearly state that you will be returning to pick them up at the end of the day. This reassures the child that they are not being left at school indefinitely.

Teach your child how to ask for help

Teach your child how to ask for help. Role play and practise using the words for different situations in which they might need help.