

Getting ready for Kindergarten

Here are some simple things parents can do to help children get ready to start Kindergarten:

- Read stories about starting school.
- Go past the school and talk with children about how they will soon be going there, the exciting things they will be doing and the friends they will make.
- Go along to the Kindergarten orientation at the school with their children.
- Spend time at school looking at all the activities going on.
- While visiting, show children around including where their bag goes and where the toilets are.
- Go shopping together to buy a special lunch box and drink bottle, and things children will need such as a school bag, uniform items and art smock. Parents will get a list of items from the school.
- Label all children's belongings with their name.
- Introduce yourself to other parents and become part of the school community.
- Organise play dates to help children socialise with other children in the class.
- Have a routine each morning as children get ready to go to school.
- Iron clothes and prepare lunches and refrigerate the night before. This will make the morning routine easier.
- Make life easier by buying clothing with large buttons or Velcro so children can dress themselves. Being able to get themselves ready will also be a confidence boost for children.
- Once school starts, ensure children gets enough rest. Parents will probably find that children get tired. This is normal as they adjust to their busy days at Kindergarten learning and playing.
- Give children nutritious meals and snacks to keep them energised throughout the day.
- Talk with children about their day when they get home. Parent's enthusiasm is important for them to see and feel, and will show them that school is important.
- Get to know the teachers and don't hesitate to talk with them about any issues and give them feedback – both positive and negative.
- Helping children have a positive first experience of school is really important because it can help shape the way they think about school in the future.

Once school starts, it is important for parents to be actively involved. Children love it when mum or dad comes along to help with reading and other activities.

Ongoing support helps children build strong foundations for success at school.

Info taken from: <http://det.wa.edu.au/schoolsandyou/detcms/navigation/your-childs-education/kindergarten/?page=6#toc6>

Other subjects covered at the website include:

- Starting Kindergarten
- What children learn at Kindergarten
- When can children start school?
- Every day matters
- Factsheets, booklets and videos for families
- Reading books about starting school
- Things to see and do
- Services to help parents and children

