



# Get set for Prep



## Getting your child set for Prep

Starting school can be an exciting but stressful time for you and your child. For some children it may be the first time that they have been away from their parents. They may be going into a strange environment with unfamiliar people and things around them.

There are some simple steps you can take to help make your child's time at school more enjoyable and relaxed.

Encourage your child to be independent by helping them get used to:

- putting on and doing up his or her shoes
- eating and drinking without help (opening lunchboxes, wrapping and unwrapping school lunches and drinking from drink bottles)
- caring for and putting away play things
- using a handkerchief or tissue
- going to the toilet independently
- using playground equipment safely
- carrying his or her own bag
- identifying his or her own belongings.

Work with your child to develop his or her communication skills. Help your child to:

- make his or her own needs known
- use appropriate greetings
- respond verbally when spoken to.

Familiarise your child with the school environment and routine by:

- driving or walking by the school a few times so that the school becomes a familiar place
- attending an orientation program or open day so you can meet your child's teacher and see the classroom
- showing your child where to put his or her things, such as a school bag and hat
- making sure your child knows how to get home from school safely or where to wait for you in the afternoon or where to go for after-school care
- visiting the school, if possible, when other children are there so that your child can get used to the number of children, the playground and the movement of children around school grounds
- introducing your child to other children in the neighbourhood who will be attending the same school
- asking the school what equipment and materials are needed such as school bag, library bag and hat (most schools will have a list). Make sure all possessions are clearly labelled with your child's name
- checking with your pre-Prep provider (kindy, childcare) about how they can help children make a smooth transition to school
- encourage children to understand that teachers are at school to help.

