

GETTING YOUR CHILD READY FOR PRESCHOOL

A SIMPLE GUIDE TO HELP
BUILDING YOUR CHILD'S
CONFIDENCE IN STARTING
PRESCHOOL

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IN THIS GUIDE YOU WILL...

gain ideas and suggestions to help prepare your little one for their new adventure into preschool.

The journey to starting preschool can bring out anxiety in some children and we hope with this guide you will be able to embark on a smooth transition.

Introduce

Start introducing your child to some of the new things they'll be experiencing in their first year at preschool.

Talk regularly about things like;

- who their teachers are, using their name
- the routines they'll be doing when arriving at preschool
- what to do if they're uncertain, such as asking the teacher for help or clarification

The more frequently you talk about it, the less unfamiliar it becomes.



Practice

Implement some of the routines your child can expect to be doing when getting ready for preschool at home.

For example:

- packing their own bag
- putting their lunch in their lunch box
- putting on outside clothes

The more *independent* things you can teach your child, the more confident they will feel when it's time to start.



Playdates

Organise playdates with friends, and if possible, those who are attending the same preschool as your child.

Engaging with other children is a great way for your child to start building their confidence in managing situations as they arise.

This is a great way for your child to learn to share, ask to play or ask to use another toy.





MISTAKES
ARE PROOF
THAT YOU
ARE TRYING.



Independence

Giving your child their independence helps build their confidence.

Start engaging with your child, at home, to do things independently. If desired you could add the option of a reward chart for completing tasks on their own.



Routines

Routines are a great for preschoolers as it give them a sense of security and control over their environment.

Routines help children learn how their world is organised, and what they need to do in order to interact successfully in that world.

Some great example of routines you can introduce are:

- wash hands before dinner
- putting shoes away
- hanging up coat
- cleaning up toys after playing with them.



Positivity

Positive language is extremely important to help your child bridge the connection between preschool and their new journey.

It is equally important that you focus on the effort your child makes, not whether they succeed or not.

Use words that are encouraging with a child, make sure you are very specific. Use these words when they are

- performing a task
- struggling
- is having a bad day
- thank your child
- inspire your child.



Positivity

General encouraging words you can use are:

- You are loved
- Being a parent is my favourite job
- I miss you when I don't see you
- I think about you all the time
- I will always try to keep you safe
- You make me smile
- I believe you
- I love spending time with you
- You can tell me anything
- I will love you no matter what
- I am so proud of you
- I am proud of the person you are becoming
- Tell me about what you are doing
- Your ideas are so creative
- I can see that you are trying so hard
- It is fun spending time together isn't it
- Your desire to learn makes me so proud of you
- I love your enthusiasm with this task
- I can see that you are working so hard
- Believe in yourself, you can do it
- Take a break and come back to it
- Mistakes are proof that you are trying.





If your child is struggling, take the time to talk to them and understand what is the trigger and then talk to your child's teacher about what course of action can be taken to help the transition.

Preschool is the starting journey for your child's education and we want it to be the best one.

Resources

Some great website you can visit for additional resources to help you and your child are:

Raising Children Network

<https://raisingchildren.net.au/>

Australian Parents Council

<https://austparents.edu.au>

My Child

<http://mychild.gov.au>

For Parent

<https://www.education.vic.gov.au/parents/>

Better Health Channel

<https://www.betterhealth.vic.gov.au>

ADAVIC - Anxiety Disorders Association of Victoria

<https://www.adavic.org.au>





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