

GETTING YOUR CHILD READY FOR SCHOOL

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

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IN THIS GUIDE YOU WILL...

Your child is nearly finished their preschool years, and about to embark on a new journey to primary school.

For many this next step is bigger than the one they took in starting preschool. With longer hours and more students, this guide aims to help you with some tips to help build your child's confidence for starting school.

Introduce

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

Talk regularly about things like;

- who their teachers are, using their name
- the routines they'll be doing when arriving at school
- 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 school 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.

Encourage skills like

- getting dressed
- carrying bag
- applying sunscreen
- going to the toilet

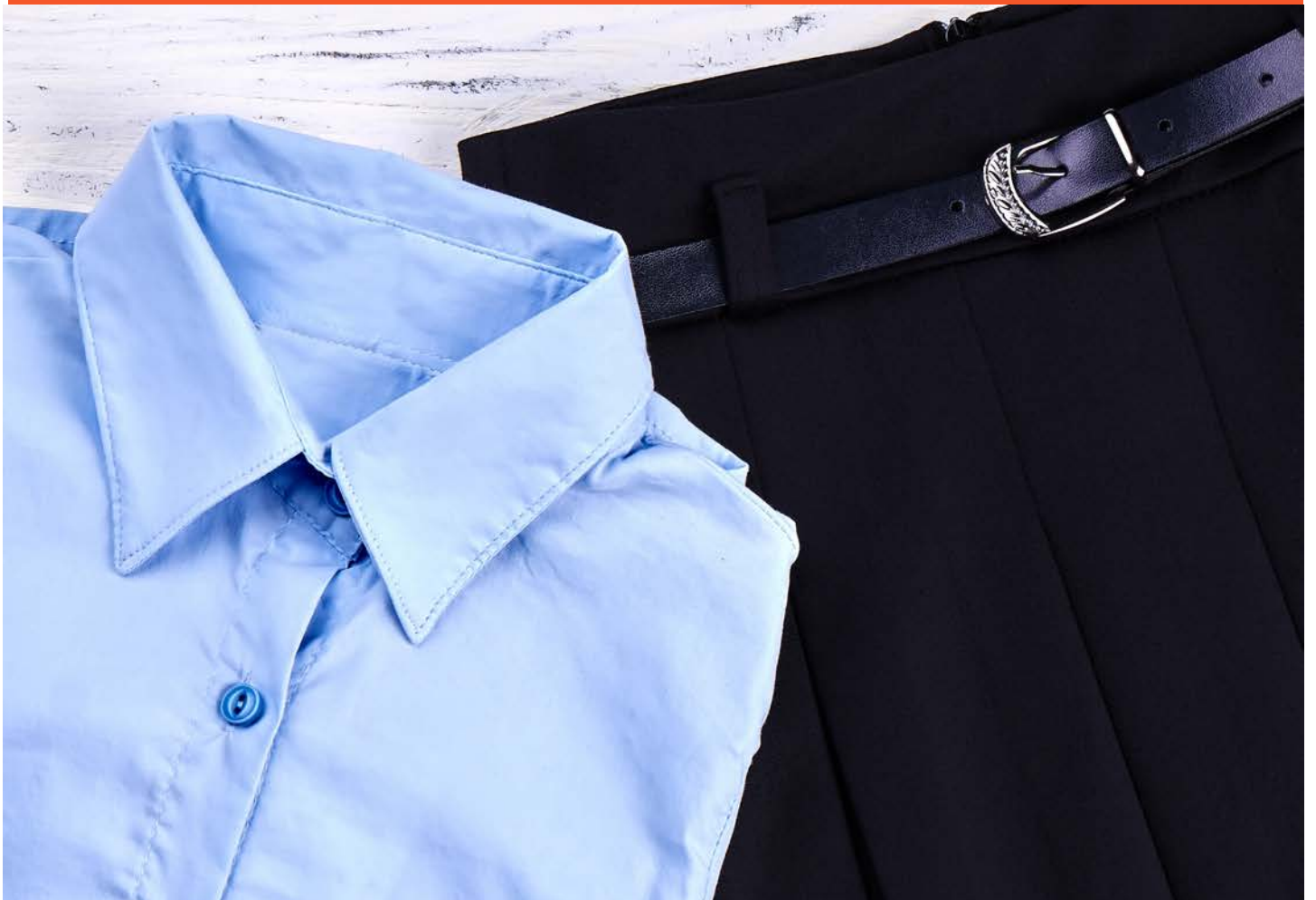


Label belongings

Make sure all your child's belongings are clearly labels.

You can purchase great school labels from Stuck On You, which Highmount has a fundraising account with.

<https://www.stuckonyou.com.au/affiliate/fundraiser/HIGHMOUNTPRESCHOOL>



After school

Create familiarity for your child with their after school routines. Talk and practice them so your children feel confident in what is expected of them.



Times

Become familiar with the school's start and finish times, along with the drop off and collection points for your child.



Positivity

Talk positively about the journey ahead, what exciting things your child will experience.

And remind them that when feeling unsure to talk to you, or their teacher.



Teachers

Start talking about the teachers, referring to them by name, so they become familiar and feel less intimidated.



Routines

Start building your child's routines including after school, dinner, bath time and bed time.





If you have any concerns, talk to your child's kinder teacher and the school they're going to so they can help support you with your needs or concerns.

Resources

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

Starting Blocks

<https://www.startingblocks.gov.au/other-resources/factsheets/transition-to-school/>

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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