



Supporting Your Child in Starting School

Preparing your child for school

During the 6 week break before school starts:

- ▶ Spend time together at the park, at home outside - playing, moving, crawling, jumping, hanging, climbing, running
- ▶ Play board games
- ▶ Complete puzzles
- ▶ Talk to your child, sing songs, dance
- ▶ Read stories together
- ▶ Have a read of the 'Welcome to prep' book - discuss who their teacher is, where will their classroom be, what colour sports house are they in
- ▶ Enjoy the time just being with your child

Preparing your child for school

A Week out from the start of school:

- ▶ Get your child into a routine - regular bed times and night routine
- ▶ Get into routine of eating breakfast, morning tea and lunch - opening containers and water bottle
- ▶ Get your child use to wearing the school uniform, and in particular, shoes and socks
- ▶ Practise opening and closing their bag, discuss where they could put their hat
- ▶ You might like to have a countdown calendar - days to go until prep
- ▶ Read the 'Welcome to Prep' book together
- ▶ Visit OSHC if you are planning on using that service
- ▶ Talk about the different feelings they might be having and that all feelings are ok. Watch the language you use around school, particularly reference to it being 'fun', 'exciting', 'having a great time' - not all children will find all aspects of every day exciting and fun.

Day 1 of Prep

▶ What do I pack in my child's bag?

- ▶ Blue wide brimmed prep hat (to assist with easy identification for your child, you may wish to sew an iron on picture on the top of the hat or use fabric glue to write their name underneath)
- ▶ Water bottle
- ▶ Lunch box (no fridge)
- ▶ Brain Break snack - separate container
- ▶ Homework satchel - used initially for story books

Make sure your child's bag is large enough that they can easily put all of their belongings inside

Make sure your child can open the containers and water bottle you provide

Please label all items with your child's name



Uniform

- School polo shirt or checked shirt, sports shirt
- Bottle green shorts, skorts
- Black shoes (entirely black) - *consider Velcro if they can't do laces*
- White or bottle green socks
- Blue broad brimmed hat



Day 1 - Saying Goodbye - The Transition

- ▶ For some students this is a simple process, for others it can be quite emotional
- ▶ Initially your child may transition ok, then they will regress in coming weeks, or vice versa
- ▶ Ways to help your child with transitions:
 - ▶ Draw a heart on both of your wrists to show connectedness between you
 - ▶ Validate their feelings, 'I can see you are feeling scared / upset / worried, and that is ok. We can try to brave together. I will be here when you finish your day'
 - ▶ Don't hang around - say goodbye, kiss cuddle and leave

What to expect?

- ▶ Tiredness!! Tantrums!
- ▶ Chatty and may talk non stop
- ▶ Emotional outbursts and dysregulation
- ▶ Low resilience, difficulties coping with simple demands
- ▶ Lunch not eaten, or they eat and need more than you've packed
- ▶ Needing more connection
- ▶ Unable to remember what they did at school for the day
- ▶ Communication from school will be different to kindy

This doesn't mean they don't like school. It means their emotional, sensory and cognitive load is full from a busy day!

Ways to support your child?

- ▶ Give food and a drink
- ▶ Spend time together playing, cuddling, reading a story
- ▶ Minimise the questions - or ask to give Thumbs Up or Thumbs Down
- ▶ Reduce the expectations
- ▶ Provide an opportunity for movement and outside play, or some children may need quiet time watching a show
- ▶ Encourage a bath, shower, swim or water play
- ▶ Zones of Regulation

Keys to Success

- ▶ Open Communication - with your child's teacher - they are your key person of contact for support, questions, concerns etc.
 - ▶ Share background information, reports, health matters, hearing tests, concerns
 - ▶ Share changes in circumstances
- ▶ Accepting support
 - ▶ Through our inclusive model, we may reach out to discuss your child further
 - ▶ We want the best for your child, early intervention is extremely beneficial
- ▶ Help to nurture a love of learning and success through
 - ▶ Find an interest in our child's interest - Play
 - ▶ Get excited and curious with them
 - ▶ Reading to your child
 - ▶ Answering questions, researching to find answers
 - ▶ Talking / singing / dancing with your child
 - ▶ Promoting and supporting physical activity everyday



Any questions?