

## Preparing Your Child for Prep

Below are some ideas to assist you in giving your child a head start towards becoming ready, independent, confident and happy for Prep.

- Name your child's school items – will save you time and money.
- When discussing school make sure it is POSITIVE, HAPPY, GENUINE and EAGER.
- Ensure your child has a substantial breakfast each day, as the children will find it a long time before 1<sup>st</sup> break (10:50am).
- Pack all food into a lunch box. Pack separate packages in the lunchbox to ensure all food isn't eaten at 1<sup>st</sup> break, and cut up any fruit that your child would like cut. We encourage children to bring a water bottle.
- Allow time during the holiday break to explore how to use a lunchbox and how to open lids, poppers/straws, yoghurt and Go-ghurt (which children find particularly tricky), drink bottles, muesli bar wrappers (perhaps cut the top off at home) and sandwich wrappers.
- Give children the chance to eat like this at home.
- Include spoons or forks if needed.
- Practise putting rubbish into the bin and closing containers and lunch boxes.
- Shoes – velcro, buckles and zips versus laces and allow children to put them on and take them off. Begin teaching them how to tie shoe laces e.g. "loop, swoop and pull."
- **Provide a big bag.** Also attach a bag tag to make the bag easy to identify for your child. Some people like to attach a clip for their child to attach their hat and/or take-home folder.
- A wide-brimmed/bucket hat is required, clearly named.
- Include a spare set of clothes in a front pocket for 'unforeseen accidents'.
- Please check your child's bag daily.
- Involve your child in the:
  - shopping for and covering of books;
  - naming of school items;
  - packing/unpacking their own school bag;
  - carrying of their own school bag.

## First Day of School

- Be on time; be positive and calm.
- Try to have all your child's things. Bring everything on the list as we will collect and store.
- Let your child carry their own bag.
- Go to your child's class at 8:35am
- Introduce yourself and your child to your Teacher and Teacher Aide.
- Find out from your teacher what to do with your child's belongings.
- Settle your child at an activity.
- Pre-warn your child that you must go when the teacher says. **Don't delay or stay!**
- Some children will cry, but usually stop after a short while.
- Remember to tell them that you are coming back in the afternoon to pick them up.
- Pick-up details will be discussed at the beginning of the school year.

## Goals for Children Beginning Prep

- Whole body listening – keeping eyes on teacher, listening ears, legs crossed and hands in lap.
- Expectation of participation in whole group activities.
- Participating in non-preferred activities – giving children the expectations of sitting, listening and engaging in a full range of activities even though they may not particularly want to.
- Respect for adults and peers – using manners, listening to the teacher/parent and doing what she/he tells you.
- Independent toileting.
- Opening lunchboxes, lids and packets – encouraging them to give it a go before asking for help. Using the ‘pinch pinch pull’ with fingers either side of packet will get them started.
- Recognising / writing name – ‘point out their name on belongings etc. Pull each name out of a hat for transitions, use write-over name cards, writing names on all artwork etc. Name displayed around room/home environment.
- Real life numeracy – notifying children of numbers around the environment (on the clock, TV remote, puzzles, road signs etc.). Counting every-day objects (blocks, sultanas in packet, animals, fingers, toes, shoes etc.). Recognising shapes and patterns in puzzles and other everyday objects.
- Real life literacy – recognising letters around the environment (on lunch boxes, signs, name badges, t-shirt etc.). Give the children opportunity to become familiar with the letter sounds. Children are encouraged to use oral language to explain their learning.
- Social skills – Note: The skill to using most of these will be a gradual process that is always worked on eg. sit on the carpet and attend for 10-20 minutes, accept others, share and cooperate, care for own belongings.