

# Tips for starting kindergarten

There are lots of things you can do to prepare your child for kindergarten.



## Over the summer holidays

- Be positive - talk to your child about what they will do at kindergarten.
- Borrow library books about kindergarten to read together.
- Encourage your child to dress themselves, so they can manage tasks like taking their jumper on and off.
- Visit the kindergarten or travel past it on your route home.
- Label all belongings that your child will take to kinder.
- Read over the family information the kindergarten provided to ensure everything is prepared.
- Talk to your child and establish a goodbye routine together.
- Establish a routine for kindergarten mornings – this could include a chart with pictures outlining the different steps for getting ready.
- Organise holiday play dates with friends or children who will be going to the kindergarten.
- Create a routine around sleep - at this age, children need 10 to 12 hours sleep each night. Practice sticking to bedtime and wake up schedules in the weeks leading up to the start of kinder.

## On the first day of kindergarten

- Talk to your child about what to expect and when you will pick them up.
- Follow the kindergarten's instructions about what to bring (e.g. sun hat, spare clothes).
- Prepare the night before, lay out clothing you both agree on and pack their bag together.
- Encourage your child to follow your morning routine and remind them of next steps.
- Talk to the kindergarten teacher about how you would like to settle your child in (e.g. you may want to stay for a while.)
- If you are having trouble separating from your child, ask the kindergarten teacher or educators to help you.
- Make sure you say goodbye – disappearing quietly can cause greater distress and mistrust.
- Ensure you are on time at the end of the session to pick up your child.
- Be enthusiastic and positive.
- At the end of the day talk to your child about what happened during the day.