

5 tips FOR SCHOOL READINESS

The prospect of sending your child off to 'big school' can be daunting. Even if you've done it before, every child's experience of starting school is unique.

We believe school is a community of learners. Every child is a valued member of our community. But how can you help prepare your child for this community?

Here are 5 tips to help your little one to start school well.



1. Talk, talk, talk!

Regularly talking with your child is one of the best ways to grow their language and thinking skills. Talk through everyday activities such as setting the table or getting dressed to help your child link language with real experiences. Asking your child to follow two- and three-step instructions (and making your expectations clear) will prepare your child for the listening skills they will need in the classroom.



2. Developing social competence

Going to school means belonging to a community. You can prepare your child by encouraging play with other children, providing opportunities for different styles of play (imaginative, collaborative, solo) and helping them to manage stress in new or challenging situations. Turn-taking, sharing, waiting and the ability to cope when they don't win are very helpful skills to contribute to a community of learners.



3. Emotional development

Starting school will raise up new emotions for your child. Talking about feelings and naming them will allow your child the freedom to express emotions in a more helpful and safe way.

Children are more likely to cope in the community of learners when they have some ability to self-manage their emotions, develop friendships and are able to separate from their parents. So don't be afraid to talk about feelings!



4. Physical well-being

Good sleep patterns, a healthy diet and routines can all contribute to a better sense of well-being. Helping your child develop independence in self-help skills (feeding themselves, dressing themselves, wiping their bottom, blowing their nose, washing their hands) can all assist your child starting school with independence and confidence.



5. Communication skills

Listening to a child talk about their world and share their perspective is a wonderful joy! Basic communication skills, manners and the ability to articulate needs are all part of this experience. Being part of a community involves communication that connects its members and practising these skills with your child will help prepare them for a world of learning through communication.

To find out more or to book a school tour
www.ics.nsw.edu.au/enquiries or call 4239 5200



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