

Is your child starting school soon? Here are some tips to get ready.

Ready to Learn Together



Together supporting children... Starting early!



Children who are independent when they start school and can look after themselves, are ready to start learning.

School clothes can feel strange.



School clothes can feel strange at first. By letting children practice putting on their school clothes, they are able to:

- Get used to the feel of different shirts, shorts, dresses, and shoes
- Learn how to move, run, sit, and play in them.

Children also need to manage their own clothes, like zipping up jackets and doing up buttons so they can be independent.

Help your child remember what to do to get ready:

- Use pictures or draw each step to make a visual plan for them to follow.
- Read through the visual plan, each school day, and leave it for them to follow along.

At home, you could play "pretend school" and act out the routine of getting dressed, going to school, and other things you might do.

Getting ready in the morning.

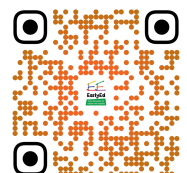
Draw Pictures of the Routine



HELP YOUR CHILD BE READY TO LEARN.

This resource is an extension of the Learn to Play _ Play to Learn series of low and no cost, inclusive ideas to do at home or in your neighbourhood. The series was originally developed by teachers and therapists of EarlyEd in partnership with our community through Start Strong Pathways, NSW Department of Education funding. Translations have been funded as part of a Multicultural NSW Innovation Grant 2022.

SCAN ME



Packing a school bag is not so easy.



Packing a school bag and zipping it up is hard to do, especially when it is hanging on a hook or full of things. Help a child learn by practising:

- Find the easiest way to zip it up. Is it when it is hanging on the hook or sitting on the ground?
- Give your child these steps to say to themselves when zipping up the bag:
 - Push all your things inside.
 - Hold the side down one hand.
 - Use the other hand to slowly pull the zip up and over.

Lunch boxes can be hard to use

Help make lunch time an easy, stress-free school routine. Give your child opportunities to practice using their lunch box. Practice:

- opening the box and balancing it on their lap
- managing the things inside, opening packets, yoghurt containers, snack bars, and bananas.

Try different boxes to find which one suits your child or what type they like. All of these tasks require children to use their fine motor skills, motor planning, coordination, and strength!

Manage a lunch box



How will I find my bag? They all look the same.



Help your children find their belongings:

- Label everything. Help your child to recognise their name so they can find what is theirs.
- Attach something big and bold to their bag so they can find it easily like a ribbon or tag. This can be something they like or a something special you make together. Then practice finding the bag.

Get used to carrying a backpack

If a child can't manage to get a backpack on their back, or find it uncomfortable, they won't carry it. They need to learn how to be independent and carry it themselves. Practice putting on and wearing a backpack with your children. Talk through how to put it on using both shoulder straps.

Children need to be able to walk tall without leaning forward too far. Pack in all the pockets to distribute the load and put the heaviest item close to their back.

Practice wearing your backpack

