

Hints for Entering Kindergarten:

- * Think of this as another stage in your child's development - be pleased for your child and think positively.
- * Make sure to leave plenty of time for getting ready each day. A big rush in the morning can be upsetting to everyone.
- * Your child needs to be at school for morning assembly, coming late may mean missing out on school routines, which upsets young children.
- * Your child needs plenty of rest - first days at school can be very tiring.
- * School lunch is not like a picnic. It happens every day. Children may eat very little especially in hot weather. Don't make a drama out of uneaten lunches. Small exciting snacks are a good strategy.
- * Be sparing with sweet things. A piece of fruit to finish lunch is better for teeth. Make sure the fruit is ready to eat i.e. oranges need to be cut or peeled.
- * Help your children to be independent by teaching them to tie their shoelaces; how to use the toilet. (If your son has not used a urinal before, arrange this before school starts, so he will be familiar with it).
- * Label **clearly** with **full name**, all possessions your child will bring to school for example - hat, jumper, bag, lunch box, drink bottle.

Hints for Anxious Parents:

- * Put your trust in the school. We're all in this together.
- * Deposit your child firmly and with a *smile*. (Go around the corner to cry. Chances are you'll cry more than your child will.)
- * Expect your child to be a little unwilling to come the second week. It starts to sink in that school is (almost) forever.
- * Give your child time to settle in. If you need to speak to the teacher do so out of the child's hearing. Your child's teacher will always be happy to speak with you - making an appointment will ensure you will both have time to have a valuable discussion. It is not possible to speak to the teacher at lines or on moving to the classroom. The whole class needs the teachers' attention at this time. This is important to assist the children in settling for the day.

Getting Ready for Life at School:

Does your child:

- * Always have a handkerchief or tissues and know how to use them?
- * Know that hands should be washed before eating and after visiting the toilet?
- * Know how to use and flush the toilet without assistance?
- * Know how to do up shoes, especially shoelaces?
- * Put away playthings and materials after using them?
- * Take off and put on clothing without help?