



SUGGESTIONS TO HELP PREPARE YOUR CHILD FOR THE FIRST DAY OF SCHOOL

It is helpful for your child to know these things and he/she could have practice in an informal way. However, do not emphasise these points if your child becomes frustrated etc.

- Does your child know his/her full name and address?
- Does he/she know how to put things away after use?
- Can he/she recognise his/her own named belongings?
- Can he/she tie and untie shoe laces and buckle sandals?
- Can he/she attend to his/her own toilet needs and adjust clothing?
- Does he/she know the importance of washing hands after visiting the toilet?
- Does he/she know how to use a tissue or handkerchief properly and the importance of covering his/her mouth when coughing or sneezing?

SUGGESTIONS

- Have several “school lunches” with your child at home.
- If the school is within walking distance from your home, follow the route to be taken there and back with him/her prior to the commencement of the school year.
- Acquaint him/her with road safety procedures, including the correct use of the school crossing, always waiting inside the school gates, and never leaving the school grounds without the permission of a teacher or parent.
- Warn him/her not to accept rides from strangers and to go home immediately school is dismissed.
- It is wise to have a medical check up prior to the commencement of school, particularly for sight and hearing.
- Have all items marked clearly with your child’s full name (windcheaters, lunch box, - lid and bottom, drink bottle, school bag, library bag, art smock, hat etc.).
 - Explain what food is eaten at snack time and what is for lunch time and pack these separately.
 - Encourage healthy snacks such as fruit, vegetable pieces etc. Ordering lunch is best left for a while until children have learnt class routines.
 - Pack spare clothing/underwear at the bottom of your child’s bag.
- Let the teachers and child know of any alternative home time arrangements and talk to the teacher before you use the bus service.
- Take an interest in school activities and talk about work when it comes home. Do fun maths things at home (eg. counting numbers, cooking, estimating/guessing, card games etc.).
- Read, read, read to your child and develop a love of books. Read signs, labels, notes etc., and give lots of praise.
- Take and collect your child to and from the classroom. When he/she feels confident, explain where he/she will be met at the end of the school day. Please do not allow your child to bring articles to school which could cause harm to others, e.g toy guns, arrows, pointed sticks, or umbrellas.