

Starting preschool – 10 tips for parents

1. Visit the preschool to become familiar with the setting

The more familiar your child is with the preschool staff and the environment, the easier it will be for your child to settle into the preschool. If possible, make a time to visit preschool during school hours.

Parents/carers can observe the preschool in operation and have the opportunity to meet the staff, ask questions and discuss any concerns.

2. Be well informed

Parents/carers need to be prepared for preschool, too. Talk to the principal and the preschool teacher to find out as much information as you can about your child attending preschool. If you know about the new routines and experiences your child will encounter, you

will be ready to answer any questions they might have, such as: How will I get there? How long will I be there? How many days do I have to go? What if I want to go to the toilet? What room will I be in and what am I going to do there? Will I get to play?

3. Find out what your child will need to bring to preschool

Talk to your principal or preschool teacher to find out the preschool's requirements regarding lunchboxes, drink containers and other necessary personal items.

4. Encourage independence

Children who are able to care for themselves and their belongings will feel more confident at preschool. Parents/carers can encourage children to practise personal hygiene, such as wiping

their nose and toileting independently. Help your child to feel confident and independent by dressing them in clothing which is simple enough for them to manage with little adult help.

5. Label equipment and clothing

Children's belongings may look very similar to their classmates'. Labelling your child's equipment and clothing with their name will help prevent loss, confusion and possible upset for your child.

6. Pack a change of clothes for preschool

Accidents do happen. There may be a toilet mishap, wet sleeves from hand washing, or mess from craft or outdoor experiences. When accidents occur children prefer to change into their own clothes, rather than "school clothes". Pack a

spare set of clothes, labelled with your child's name, in your child's bag.

7. Share information with the preschool teacher

Regular communication between parents/carers and teachers bridges the gap between home and preschool and provides opportunities to exchange information which support children's learning.

8. Keep the preschool teacher informed of changes

Changes to your child's family situation can impact on their emotional and academic well-being. If you keep your child's teacher informed of any changed circumstances the child can be supported if necessary.

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