

# Resources for Parents & Carers

## Getting Ready for School!

To be ready for school, children need communication skills, social/emotional skills and independence skills. There are strategies you can use to help the transition go well. You can help your child be ready for school by working on connection and resilience.

### WHAT ARE COMMUNICATION SKILLS?

- Understanding others
- Following instructions
- Expressing needs
- Be understood by their teacher and friends.



### HELP DEVELOP THESE SKILLS THROUGH:

**Conversation:** describing what you see and what you are doing, asking questions. Eating together at the dinner table.

**Reading:** read books together – enjoy the time, be relaxed, allow time for discussion.

**Playing games:** games like 'Freeze', 'My Grandma Went to Market', 'I Spy with my Farm eye' all help to develop executive function.



### WHAT ARE SOCIAL/EMOTIONAL SKILLS?

- Listening and focusing on activities
- Following instructions
- Understanding that the classroom has rules
- Coping with the transition between activities, even if this means stopping a favourite activity

### HELP DEVELOP THESE SKILLS THROUGH:

**Talking and listening.**

**Reading:** especially books about starting school.

**Playing:** board games together. Have play dates with friends.

**Activities:** Spend time away from home at Library school holiday events or play group sessions

### WHAT ARE INDEPENDENCE SKILLS?

- Completing self-care tasks without help
- Toileting
- Opening school bag and lunchbox
- Putting on a jumper, shoes, and hat

### HELP DEVELOP THESE SKILLS THROUGH:

**Time:** carve out time for getting ready each day – allow for mistakes, mess and learning. Build up expectations over time.

**Simple Tasks:** include your children in daily household tasks where you can.

**Patience:** expect tantrums and frustration – it is hard to learn new things!

**Workshops:** come along to our Potty Time workshop! :)



# Resources for Parents & Carers

## Getting Ready for School!

### STRATEGIES TO HELP THE TRANSITION GO WELL

- Visit the school
- Talk together – give your child a mental map
- Read books together
- Play at the school
- Get ready for school together – gathering clothes, bag, lunch, etc.
- Encourage independence but be your child's safe base
- Encourage good sleep habits before start of school
- Build a relationship with the teacher and with other students
- Practice saying goodbye
- Play some 'separation games' to help with separation anxiety



**Parenting by Connection** uses what we know about brain science and the way children's emotions work to help parents through tricky times.

- Special Time builds connection
- Listening to children's big feelings builds resilience

### SPECIAL TIME

- Name it, time it, schedule it
- Follow their lead and delight in them!
- Allow time for feelings
- The magic is you
- Connection vitamin



### RESILIENCE

Feeling close to one dependable adult is at the heart of building resilience for children.

Children build resilience when someone cares enough to listen to their upsets all the way through, without arguing, trying to be logical, or condemning them for how they feel. After a big cry or tantrum, they have shed tension and can think again!

For more information about Special Time, listening to children's big feelings to build resilience, or other parenting advice, try these resources:

- [www.meerilinga.org.au](http://www.meerilinga.org.au)
- Facebook – Search for Meerilinga or South West Metropolitan Parenting Service
- [www.handinhandparenting.org](http://www.handinhandparenting.org)
- [www.parentingbyconnection.org.au](http://www.parentingbyconnection.org.au)
- [www.ahaparenting.com](http://www.ahaparenting.com)

Or, contact us at Meerilinga  
P: 08 9331 2211  
E: [belynda.smith@meerilinga.org.au](mailto:belynda.smith@meerilinga.org.au)



Thank you for all your hard work, dedication, and love for your children.