



# Get Set for Prep

## How can you best prepare your Prep child for Prep and the Australian Curriculum?

*This is a list of a few simple ideas that you can do now in preparation for school. Starting school is an enjoyable, positive experience where children have the opportunity to make new friends and experience new things. Preparing for school also leads to good short and long term outcomes for your child.*

- + Teach your child to write their name using the correct formation and holding their pencil correctly. Refer to the laminated alphabet sheet so you know how letters are formed correctly. Ensure a capital letter is only used at the beginning.
- + Read to your child and use books as a pleasurable daily shared activity.
- + Allow your child to regularly use scissors to cut along straight and curved lines on a page and cut out circled pictures from magazines with support from an adult.
- + Give your child access to felt pens, pencils and crayons and a supply of paper to draw and write on. Show your child how to draw a person with realistic features and other things that interest them.
- + Provide opportunities to play with play dough, plasticine, small Lego, pegs, threading puzzles and manipulative games to develop your child's fine motor muscles in their hands, fingers and wrists. Cook, bake and prepare food together.
- + Talk about basic maths concepts – numbers, counting, shapes, colours, patterns, size and opposites.
- + Encourage your child to participate in a variety of outdoor activities such as climbing, ball activities, skipping, running, stomping, jumping, hopping, playing at the park.
- + Help your child to successfully manage basic self-help tasks such as feeding, dressing, toileting, putting on shoes and socks, unwrapping foods, opening a drink bottle and putting belongings away.
- + Teach your child about good manners e.g. saying please, thank you, excuse me and I'm sorry.
- + Encourage your child to mix with other children in different supervised activities so they learn to socialize with their peers, take turns, share, pack up and follow rules.
- + Talk to your child about how to make friends, what to do when they meet new children and people at school, how to ask for help when they need it and how to deal with peer situations.
- + Help them learn to follow simple instructions. Ask them to do tasks that will help you at home, such as getting food out of the fridge, setting the table, putting things away and tidying up.
- + Play family board games and games of chance where children can learn to lose gracefully, develop concentration, language and co-operative skills.
- + Make your child aware of rules and reasons for having them. For example, holding your hand when you cross the road, staying beside you when shopping.
- + Use positive verbal phrases regularly to help build your child's self-esteem such as: "I can see you are being helpful, kind, responsible and sensible."