



EFFECTIVE TRANSITION TO KINDERGARTEN

Tips for parents and carers

IMPORTANCE OF ROUTINES FOR CHILDREN

Families can help their children develop independence in getting ready for school in the morning and getting ready for bed in the evening by setting up visual routine charts. Children of Kindergarten age need around 10 to 12 hours sleep at night and establishing a bedtime routine a week or two before school starts will help your child adjust to the bedtime and getting-up time they will need to do once they start school. Children often like being involved in creating routines chart, for example posing for a photo showing them doing each step. Five or six steps is enough for a child to learn to follow. You might need to teach each step separately, e.g. '*Step 1: Eat Breakfast*', over the summer break before putting all the steps together into one chart. There are lots of examples of routine charts you can look at on the Internet.

Using routine charts can help ensure children get enough sleep; can help them feel more confident about doing things for themselves; and help to reduce worries or anxiety about attending school.

SUPPORTING CHILDREN TO COPE WITH SEPARATION

When children start school, they say goodbye to their parents and carers shortly after drop-off and participate in the school day until pick-up time.

Families can support their children by getting them used to separating from them in the months before school starts. With practice, children can find it easier to *cope* with separation by the time they start school.

There are parent workshops offered to assist parents navigate challenging situations with children, including around anxiety. Some of these are listed below. If parents have significant concerns about their child's ability to cope with separation, other sources of support include the child health nurse and general practitioner.

Fear-Less parent workshop – check what is being offered

[Positive Parenting In Western Australia | Triple P Programs Near You | Triple P \(triplep-parenting.net.au\)](http://triplep-parenting.net.au)

USING THE TOILET

Families can support children feel confident by teaching them to use an Australian style of toilet independently. It is expected that your child will wear regular underwear at school and use the toilet without assistance.

Parent workshops with tips for toilet training are offered to support families. Workshops are advertised through Child and Parent Centres and the Early Childhood Education – Primary, Early Childhood & Education Support branch Connect Community. Your child health nurse or your general practitioner may also be a source of information.

