TIP 4





Practise Routines

Building simple routines early helps children adjust to new experiences and changes.

Primary School days are often longer and more structured than in Kindergarten. Get your child used to waking up on time or packing their own school bag.

These habits will prepare them for the next step of their educational journey and they can transition with greater confidence. You will worry less about the changes, too.

Ready, Set, Go!

Here's a checklist of tasks that your child can aim for. Which ones would they like to try first to build their confidence? Discuss it with them.



You can discuss the order of these tasks and try a few together at your own pace.

Tick what you've tried together

- ◯ Pack my bag
- ◯ Pack my snack for school
- ◯ Lay out my uniform, socks and shoes
- ◯ Set my alarm clock
- ◯ Give my parents a hug before bed
- ◯ Sleep before _____ pm







Before I leave the house, I should...

Number these activities in the right order. Which should you do first?





Get Them to Bed on Time

To learn well, young children need enough sleep - between 9 and 11 hours. Agree on a bedtime with your child and ask them to try getting to bed on time for a week.



Pledge

Time For School!

I, _____ (Name) will get ready for school every day by:





Trace in the time agreed!

Share Your School Memories

When parents are excited about learning, children pick up the positive vibes! You can chat about these topics and encourage your child to ask you questions.

