

Getting ready for school

How to support your child to have a positive start to school

What do children need to have a positive start to school?

Some important skills can include:

- **Being able to ask for help**
- **Toileting on their own**
- **Self-help skills such as putting on shoes, jumpers, opening their lunch**
- **Being able to use scissors and pencils**
- **Social and emotional skills**

What are social skills?

Social skills can include:

- **Sharing**
- **Taking turns**
- **Talking and communicating**
- **Self-regulation** (*being able to control emotions and behaviours*)
- **Empathy** (*being able to understand how someone else feels*)



How can I help my child?

- **Attend a playgroup**
- **Provide practice getting dressed, opening lunch boxes and taking turns**
- **Talk, sing, read and play with your child each day**
- **Enrol in early learning** (*preschool*)
- **Attend a transition to school program**
- **Enrol and attend school orientation**

Where can I get more information or support?

Click on the QR Code for more information about transition to school.



Concerned your child is not ready to start school?

Talk with your:

- Local Child & Family Health Nurse
- Doctor (GP) or Paediatrician
- Your local school



Important points to remember

- **You know your child best. If you think something is wrong, seek support**
- **Seeking help early is best but it is never too late to ask for help**
- **Take this handout to your Doctor to help discuss your concerns**
- **Remember you can get a second opinion if you feel your concerns are not being addressed**



STRONGER SEEDS, TALLER TREES
Increasing early supports to improve child outcomes

General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter. [South Western Sydney Primary Health Network \(swsphn.com.au\)](https://www.swsphn.com.au)