



INDEPENDENCE IS THE KEY TO BEING READY FOR KINDY

STORY Catholic Education Services – Diocese of Cairns

Starting kindergarten can be so exciting for your child but somewhat daunting for you as a parent. Some questions you may find yourself asking are, “Are they going to like it?”, “Will they be okay?”, “What if they miss me?”, “Will they make friends?”, “Will they eat what I pack for them?”, and the list goes on.

Rest assured, your child will love kindergarten! They will thrive and make friends. So much so, you will probably have to remove them from the grounds kicking and screaming. However, like all new chapters, it is important your child is ready for this next step.

Here are some tips for getting your child kindy-ready:

- Read with your child (every day is best). Talk about the book, ask your child questions about the pictures and don't be afraid to re-read the same book multiple times. Repetition is key!
- Talk about colours, numbers and shapes in a range of contexts (e.g. books, road signs, magazines, newspapers, fruit and vegetables while at the supermarket).
- Practise writing their first name or making it with plastic letters or tiles.

- Introduce them to numbers 1 to 10.
- Encourage them to use greetings such as “hello” or “good morning” when meeting people.
- Classify objects according to their shape, size and quantity. When you're cooking, talk about what you're doing and describe the sizes and colours of bowls and plates. What ingredient comes next and how much is needed.
- Give your child simple instructions to follow to get them used to following simple directions.
- Play listening games and encourage children to listen to natural sounds such as birds chirping or dogs barking.

The most important thing to remember is not to panic. If your child hasn't completely nailed everything on the list, it is okay! They will learn a lot in kindergarten. What's more important is to begin increasing your child's independence in completing simple tasks. For example, help them to zip up their jacket, tie their shoes or use Velcro strips. The main thing is to engage with your child and be excited for them; this is the beginning of their life of learning.