

What can I do to improve school readiness skills?

In the lead up to school start, the following activities can be helpful:

- ◆ Increase expectations of the child around self care tasks such as dressing, toileting, eating, and getting ready to leave the house. Provide only verbal rather than physical 'help' to complete the tasks where possible.
- ◆ Encourage the child to develop relationships with other (unfamiliar) children of a similar age, and arrange suitable 'play dates' for social interaction practice where the adults actively facilitate this play practice.
- ◆ Expose the child to books to prepare them for literacy so they learn to sit through the entirety of a book.
- ◆ Start preparing the child for school at the age of 4 by talking about expectations at school, appropriate behaviour, and regularly engaging in 'sit down' activities.
- ◆ Work with the child's nursery school teacher to identify any signs of deficit or slow development so that these areas can be targeted before the child starts school.
- ◆ Use visuals (such as picture schedules) to help the child understand the routine of their day both at home and at nursery. You could even make visuals for school in advance. Transition visits are a good time to ask the teacher what the rough schedule is likely to be.
- ◆ Practice cutting, colouring, drawing, and writing their name.

Is my child school ready?



A parent's guide



What is school readiness?

School readiness refers to whether a child is ready to make an easy and successful transition into school.

A child who is ready for school will be:

- ◆ Curious and confident about learning.
- ◆ Resilient and ready to take part.
- ◆ Able to take risks, ask questions and find solutions.
- ◆ Confidently active and be healthy.
- ◆ Independent with self-care skills.
- ◆ Comfortable to make friends and take turns.
- ◆ Cared for and feel safe and secure.
- ◆ Able to vocalise choices.

Why are school readiness skills important?

The development of school readiness skills allows school teachers to expand and further interaction, play, language, emotional development, physical skills, literacy and fine motor skills.

Without these develop a child's skills in the specific areas of social basic skills already established upon entry to school, children can very quickly find themselves playing 'catch up' compared to their peers that are advancing more quickly.

How can you tell if my child is not quite school ready ?

If a child is not quite school ready they might:

- ◆ Get easily frustrated when expectations are placed upon them.
- ◆ Struggle to follow instructions in daily activities.
- ◆ Rely on parents to do self care tasks, such as dressing.
- ◆ Not be toilet trained (day time).
- ◆ Struggle to attend to tasks as long as their peers (length varies according to tasks)
- ◆ Be socially immature (e.g. unable to share, be unable to shift with changing rules of a game in play).
- ◆ Have poor receptive and/or expressive language skills.
- ◆ Have difficulty understanding consequences of their behaviours.
- ◆ Not be interested in looking at books and/or doing sit down activities.
- ◆ Not interact well with their peers (either in or out of the classroom).
- ◆ Have limited play skills (and cant change their play to incorporate new play items or people).
- ◆ Be resistant to new activities and/or being guided about how to develop new skills.
- ◆ Be resistant to input from others in order to learn.