

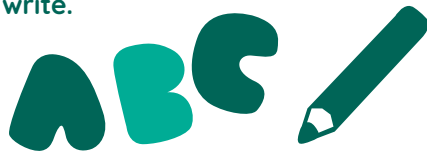


## More Than Preschool! School Readiness Too!

At Only About Children we are busy preparing your child for school and would like to support families with some ideas on things you can do at home to ensure your child is prepared to have a great start at school!

### LITERACY & LANGUAGE: Symbols

We are surrounded by signs and symbols. Learning how to extract meaning from these signs and symbols is fundamental to learning how to read and write.



- Draw children's attention to symbols and patterns in their environment.
- Talk about patterns and relationships, including the relationship between letters and sounds.



### EXPLORATION & STEM: Playing Games

Studies show that playing games with young children help to boost early numeracy skills and understandings. You can do this at home by:

- Playing card games such as 'snap' or 'memory' to match numbers and groups of objects.
- Playing board games such as Snakes and Ladders. Board games also help to teach turn-taking, sharing, waiting and the ability to cope when one doesn't win.



### WELLBEING: Routines

Here are some useful strategies that you can consider this month to help ease the transition to school:

- Develop a consistent morning and evening routine in the lead up to the new school year. Ease your child into the school routine gradually. It is often better to start putting a new routine into place in the week or two leading up to the first day. By establishing a consistent morning routine your children will come to know what to expect before school starts.
- Gradually increase the structure of your routine over the final weeks of the school holidays.
- Routines are easier to follow if they are presented in a visual way. It may be hard to expect your children to remember every step of their routine off the top of their head. Create a visual...

### HEALTH: Visual Schedule

Mornings can be busy when school starts! Your child needs to get through a big morning routine, which could be very different from their routine at Only About Children.

A visual schedule is a great way to help a child understand all the tasks they need to do in the morning. A visual schedule matches activities with images on individual cards. The images are displayed somewhere the child can easily see them and follow the steps. They can be adapted for any household depending on your routine.

In the morning, your child can look at the schedule, complete a task, then remove the card and put it in a special "Finished" box. This helps them (and you) keep track of what they've done and what they still need to complete. You can set up the schedule together every evening before bed to help your child become familiar with the routine.



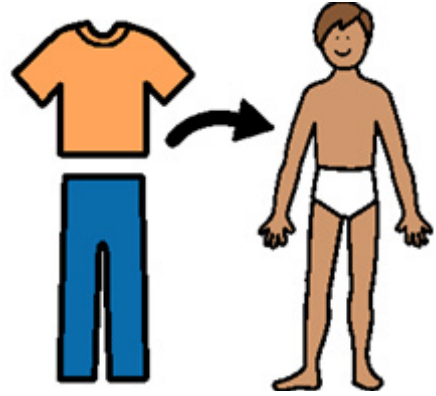


Only About  
Children

# Grow@Home January School Readiness



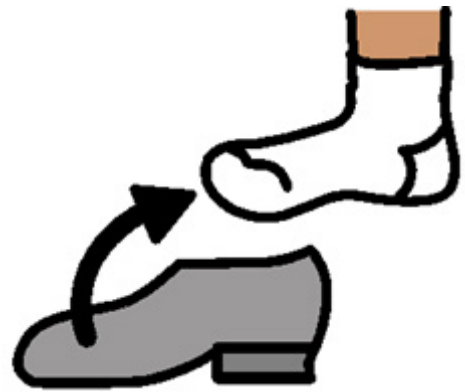
eat breakfast



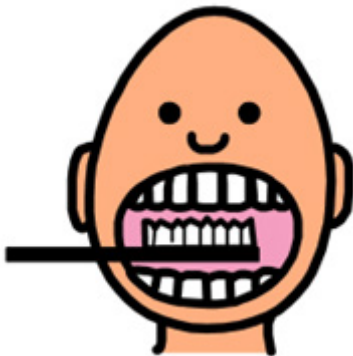
get dressed



pack your backpack



put on socks and shoes



brush your teeth



go to the toilet



feed the dog



feed the cat



brush your hair



make the bed



free play



ready for school