



## More Than Kindergarten! 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: Phonemic Awareness

Phonemic awareness is defined as the ability to break words up into their component sounds. For example: Dog is made up of 'duh-o-guh'. You can help your child to develop phonemic awareness by:



- Playing 'I Spy With My Little Eye' and use sounds instead of letter names (e.g. 'I spy with my little ear a word beginning with 'duh'').
- Sing any song or nursery rhyme and encouraging your child to clap with the different syllables.
- Make up your own funny rhymes and encourage your child to do the same, for example "There's a noodle in my schmoodle."

### EXPLORATION & STEM: Mathematics

Look for the 'teachable moment' in everyday experiences like cooking, tidying up, setting the table and driving in the car. Capture the 'teachable moment' and look for meaningful opportunities to introduce and consolidate mathematical ideas such as counting, numbers and symbols, shapes and comparing.



For example: whilst you are out and about in the car:

- Count the number of red cars.
- Read the numbers on letterboxes.
- Read speed limit signs and numbers in number plates.
- Use positional language such as left, right, forwards and backwards.



### WELLBEING: Independence & Responsibility

One of the best things we can do to assist with preparing for school is to encourage a range of independence skills which will help children to settle in and feel confident. At home you can focus on independent skills such as:

- Dressing.
- Toileting and hand washing (and boys using a urinal).
- Opening and closing toilet doors.
- Looking after own belongings.

Encourage your child to take increasing responsibility for everyday tasks such as:

- Setting the table and clearing up after meals.
- Making their beds.
- Packing their bag.



### HEALTH: Concerned your child might stutter?

Stuttering is being momentarily unable to move forward when talking. It usually starts around 3 years old. A child may repeat a sound (d-d-d-d-dog), a whole word (We we we we went home), or a phrase (the ball the ball the ball fell down). A child might also become "stuck" and have a gap in their speech either while holding one sound (aaaaaaaand it was fun) or making no sound at all.

At school, a child who stutters is at a higher risk of being teased or bullied. They may not participate in class or become known as being "shy". For these reasons it is best to treat a stutter before school starts.

Stuttering can be treated by a Speech Pathologist. You should book a referral to a Speech Pathologist if your child:

- has been stuttering for more than 12 months or
- is starting school soon or
- is aware of the stutter and is upset or scared to talk or
- is stuttering more than before.