

# 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?

*If you would like to talk to someone about your child's start to school you can contact:*

- 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**

This resource has been developed by the 'Stronger Seeds Taller Trees' project.

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](https://www.swsphn.com.au)  
([swsphn.com.au](https://www.swsphn.com.au))



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

*Insert your contact details here*