

2020 getting ready for prep checklist

Establish and maintain a regular routine in your household at least a week before school starts.

Tour the school with your child and take pictures.

Instill a sense of identity in your child - their full name, who their mum and dad are, how many siblings they have.

Work on the child's strengths and interests rather than skills they are not interested in.

Send your child in with confidence. If they see you are anxious/scared, they can easily pick up on that and have a hard time adjusting.

Encourage them to ask someone to play with them and try for play dates to help them feel connected to someone at school.

Read to your child every day to establish reading routines and help build their vocabulary and concentration among other skills.

Be honest with the school about any concerns you have about your child's health, developmental milestones or learning. This helps both the teacher and the school to support your child as best they can.

Once school has started, don't linger too long at drop off time before leaving and don't just drop in to say hi.

Volunteer when you can and become involved in the school community to build relationships and generate a greater sense of community for you and your child.

And make sure they can:

- Hold a pencil, zip up their bag, take their shoes off and put them on
- Recognise their belongings and name
- Put their own things away
- Chat with other children
- Sit on the mat for short periods of time for story time
- Go to the toilet by themselves

About Anglicare: Anglicare Southern Queensland is a member of the Anglicare Australia Network and is one of Queensland's most trusted social welfare organisations. It is a not-for-profit charity delivering a broad range of community services, including homelessness support, mental health and family counselling, foster care and aged care. One in every 30 Queenslanders is empowered by Anglicare Southern Queensland.

Media contact: Michael Franks on 0468 531 773