Supporting positive transitions

Information for parents and families

Starting school is an important time in the lives of children and families. A great start can help your child develop a lifelong love of learning.

The first year of school is full of new and exciting experiences. Families play a significant role in supporting their child to have a positive transition to school.

All children have different interests, needs and motivations and your child's transition will be unique.

You can help your child to feel more comfortable about starting school by engaging in everyday activities that help to build their self-confidence, such as:

- sharing stories
- playing simple family games
- going to the park to play with other children and families
- playing games that help develop their physical skills like ball games.

Take time to talk about starting school and the routines your child is likely to experience at school, for example:

- playing with new friends
- going to the library and music lessons
- using the playground equipment
- learning new skills
- letting your child know that teachers are there to help.

You can support your child's independence by:

- helping them choose a lunch box they can open and close
- practise putting on their uniform, socks and shoes.

If you have older siblings, encourage them to get involved too.

Queensland Government

Getting to know your school community also plays a big part in helping your child feel safe, confident and welcome in their new environment.

Remember to support your child's wellbeing during the first term by making sure they have plenty of time to rest, play and relax.

Here are some ways you can help your child at this important time.

Your child

You know your child best, and know what they need to have a great start to school.

- Make time to talk, read and relax before school starts and over the first few weeks of school.
- Talk about how your child is feeling and try to adjust routines at home to match their moods and energy levels.

From home to school

Help your new teacher get to know your child. Talk to the teacher about:

- your child's interests
- how your child learns
- your goals for your child.

From kindy to Prep

Kindy helps your child:

- build confidence
- make friends
- develop a love of learning.

You can ask your child's kindy teacher about starting school and about your child's transition statement.

Consenting to share your child's kindy transition statement with your new school will help the teacher learn about your child's strengths and interests, and will support their planning to make your child's transition a positive one.

Build your child's confidence

Help your child's self-confidence by finding answers to their questions or concerns together.

- Talk to your child about how to ask for help and model what to say.
- Ask your child's kindy teacher for ideas about how you can help your child to start school.
- Talk through some "what will I do if…?" situations with your child, for example "what will I do if my yoghurt spills?"
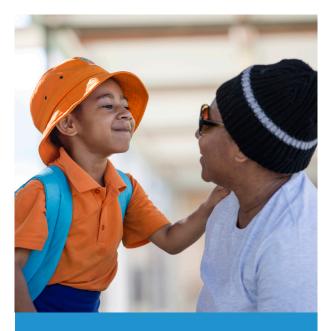
Your local area

Knowing your local area can help your family feel more comfortable when starting school.

- Walk or ride around the area to find special spots like the library or park.
- Make a map of how to get to school together.
- Take some photographs of the school to share with extended family members.

Feeling of belonging in the school community

Encourage your child to feel that they belong at their new school by:

- attending school events with your child, such as transition sessions, open day events, sports carnivals and performances
- helping in the tuckshop or uniform shop
- spending time in your child's classroom
- going to school P&C nights
- getting to know your teacher.

More information

- Ask your kindy teacher about starting school.
- Talk to your new school principal.
- Ask your kindy teacher about the online kindy transition statement application and consent arrangements.
- Access the Early Childhood Education and Care website for more tips and resources **www.qld.gov.au/transitiontoschool.**

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