Helping your child to shine

The January holidays are a good opportunity to prepare your child for a positive start to kindergarten or school. Here are some handy hints.

- Help your child to get ready for kindergarten or school by encouraging them to dress themselves independently so they can learn to manage things like shoes, jumpers and belts on their own
- Look for easy fasteners when choosing shoes, belts and bags
- Put your child's name on all belongings and show your child where the label has been placed
- Allow your child to become familiar with:
  - packing and unpacking their bag
  - eating from a lunch box, knowing what foods to eat when and using a drink bottle independently
- If your child is feeling anxious, tell them about positive memories you have of your school days
- Introduce your child to other children who will be attending the same kindergarten or school and talk about the importance of being a good friend

School students commence on Monday 1 February 2010
Kindergarten Hotline 1300 731 947 or contact your local council for start dates

www.education.vic.gov.au 1800 809 834