

Practical Guide

Starting school is an exciting milestone!

These tips can help your child get ready for a positive start to school.



School Readiness

- Create a consistent morning and bedtime routine
- Practice getting dressed, packing a bag and tidying up.
- Talk about school positively and read stories together

Social & Emotional Skills

- Name feelings and talk about what they mean
- Encourage sharing, turn-taking and playing with others
- Praise effort and celebrate small wins.

Communication Skills

- Ask open-ended questions and listen to their answers.
- Encourage following simple instructions.
- Use everyday opportunities to build vocabulary.

Fine Motor Skills

- Try activities like drawing, cutting, threading or using tweezers.
- Use playdough, blocks or peg activities to build hand strength.
- Encourage using utensils, doing up buttons and zippers.

Learning Skills

- Read books together and talk about what happens
- Play games that build memory, matching and problem solving.
- Encourage your child to try things and have a go.

Family Support

- Offer lots of encouragement and positive words.
- Keep routines calm and consistent.
- Reach out for help if you have questions or concerns.

Get support from our children's therapy experts today!

enquiries@bestchance.org.au | 1300 224 644

Officer | Truganina | Notting Hill

