

Ask Our Clinicians

Each month our team of allied health clinicians answer common questions from families.



How can I help my child feel ready and confident for school?

Build routines and talk positively about school. Practice packing a bag, getting dressed and following instructions. Small, consistent steps build confidence and reduce worry.

What skills are most important to build before Prep?

Managing emotions, taking turns, sharing and building friendships are key. They help your child learn, play and feel confident in a new environment.

How can I support my child's communication before school?

Encourage conversations, ask open-ended questions and listen to their answers. Follow their lead in play and use simple instructions to build understanding and use expressive language.

Why are fine motor skills important for school?

Strong hand skills help with writing, using scissors, doing up buttons and self-care tasks. Everyday activities like drawing, playdough and threading build these important muscles.

How can I help my child develop learning skills at home?

Support attention, listening and following steps through stories, games and daily routines. Praise effort and encourage curiosity to build confidence in learning.

**Concerned about your child's development?
Talk to our children's therapy experts today!**

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