

# Making the big move to kindy or Prep



## Practical ideas to support your child

Starting kindy or Prep is a big move, and many children will have lots of questions about what it will be like.

It is a big change for both your child and your family, but with a positive and confident start, your child can develop a love of learning that lasts a lifetime.

You know your child best, and you're the best person to help make this transition smoother.

Here are some practical ideas to support your child as they take this exciting move to kindy or Prep.



### Talk about kindy or Prep

Talking with your child about their first few days at kindy or Prep is an easy way to support them.

Talk about:

- their first day
- how to make friends
- your happy memories of kindy and Prep.



### Read with your child

Reading with your child is special. You are bonding together and supporting their growth.

Sharing books with your child:

- builds their reading and language skills
- encourages a love of reading
- grows their understanding of the world.



## Build independence

At kindy and Prep, your child will look after their belongings and follow daily routines. Independence supports your child to join in at kindy and Prep.

Support your child's independence by:

- setting morning and evening routines
- helping them choose a lunchbox they can open and close
- practising putting on their socks and shoes.



## Celebrate starting kindy or Prep

Starting kindy or Prep is a time to celebrate. Your child will feel important and their confidence will grow.

Celebrate starting kindy or Prep by:

- counting down to the first day of kindy or Prep
- taking photos of your child's first day
- have a family celebration



## Your community

Starting kindy or Prep is a chance for you to make new friends with other families and support each other.

You can meet other families by:

- spending time in your child's learning environment
- attending events at kindy or Prep
- helping out at the Prep tuckshop or uniform shop.



## Your child's wellbeing

Your child's excitement about starting kindy or Prep may be mixed with sadness about leaving home, and wonder what it will be like.

Support your child's well-being by:

- Talking about how they are feeling and why this might be
- Reaching them how and who to ask for help
- Making time to rest before kindy or Prep starts and over the first few weeks.

## What else can I do?

- Remain positive about starting kindy or Prep, knowing that children settle in their own time.
- Rest and relax together to support your child's well-being.
- Build strong relationships and stay in touch with the kindy or Prep, they can help provide any support your child may need.
- Download resources at [www.qld.gov.au/BigMoves-EarlyYears](http://www.qld.gov.au/BigMoves-EarlyYears)