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Tips and Tricks for Transitioning into Prep

Social and emotional skills

- **Teach friendship skills**
 - Teach your child ways to introduce themselves to new children, join in play with others and be friendly and co-operative.
 - Talk to your child about what being a good friend means.
- **Encourage sharing and taking turns**
 - Play simple board games, card games or computer games with your child to help them to develop sharing and turn taking skills.
 - Help your child to cope with disappointment and to understand that they do not always win.
- **Help your child to manage their emotions**
 - Emotional skills include being able to recognise, express, understand and manage a wide range of feelings.
 - You can promote your child's emotional development by spending time with them and being warm and responsive to their needs.
 - Talk to your child about what is happening and help them to describe and label the emotions they are feeling.

Independence skills

- **Encourage self-help skills**
 - These include your child dressing and undressing themselves, eating from their lunch box, going to the toilet and asking for help.
- **Promote a sense of responsibility**
 - Encourage your child to take responsibility for small tasks (eg setting the table for dinner, putting their clothes in the wash basket) this will help them to feel useful and build their self-confidence.
- **Involve your child in making decisions**
 - Provide your child with simple choices to give them practice for decisions they may need to make at school.
 - Start with giving two choices such as the red or the blue top when getting dressed or an apple or banana for a snack. This will give them the confidence to make bigger decisions.

Learning skills

- **Encourage your child to focus on an activity**
 - Encourage your child to sit and focus on an activity for a period of time. Your child may benefit from you sitting with them or checking back at regular intervals to provide positive encouragement and feedback as they concentrate and enjoy themselves.
- **Encourage listening skills**
 - Reading books or listening to recordings of stories is a great way to help develop your child's listening skills.
 - Asking questions about the story can also support your child's understanding and communication skills.
- **Encourage hand-eye coordination**
 - Using scissors and glue, drawing, building with blocks, helping with cooking (stirring and pouring), and throwing and catching balls can help children to learn and practise hand-eye coordination, which is important as they learn to read and write.