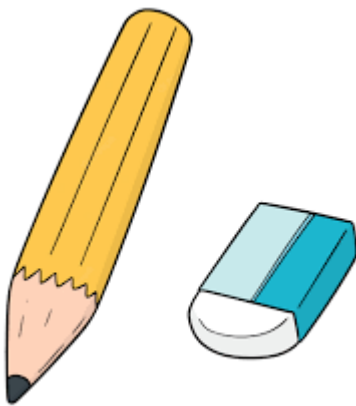


Is your Child Ready for School?

What is School Readiness?

School readiness refers to whether a child is ready to make an easy and successful transition into school. School readiness is about the development of the whole child, including their social and emotional skills, physical skills, communication skills and cognitive skills. Children cannot thrive at school if they haven't developed the skills to manage things like getting along with other children, following instructions, and communicating their needs.



Does my Child need to be able to read, Spell & Count?

While many people think of academics as the important school readiness skills, school readiness refers to a much broader range of skills.

In addition to some academic basics, school readiness skills also include self-care (independent toileting and opening lunch boxes), attention and concentration, physical skills (e.g., having the endurance to sit upright for an entire school day), emotional regulation, language skills, as well as play and social skills.

Signs your Child is Ready for Big School.

- Ability to be separated from parents.
- Shows confidence physically & pride in who they are.
- Communicates clearly & forms relationships.
- Takes responsibility for themselves, others & their belongings.
- Is adaptable & copes with change.
- Can problem solve & shows curiosity.
- Can verbalise their needs.
- Can resolve conflict.
- Initiates, is involved & willing to try new things.



Why are School Readiness Skills Important?

The development of school readiness skills allows school teachers to expand and further develop a child's skills in the specific areas of social interaction, play, language, emotional development, physical skills, literacy and fine motor skills. Without these basic skills already established upon entry to school, children can very quickly find themselves playing 'catch up' compared to their peers that are advancing more quickly. Students that begin school with the building blocks (or foundation) skills in place advance quickly, as opposed to those that start school only *then* begin the slow process of developing school readiness.



What are the Building Blocks necessary to Develop School Readiness?

Self-Regulation: The ability to obtain, maintain and change emotion, behaviour, attention and activity level appropriate for a task or situation.

Sensory processing: Accurate processing of sensory stimulation in the environment, as well as in one's own body that influences attention, and learning that effects how you sit, hold a pencil and listen to the teacher.

Receptive language (understanding): Comprehension of spoken language.

Expressive language (using language): Producing speech or language that can be understood by others.

Articulation: The ability to clearly pronounce individual sounds in words.

Executive functioning: Higher order reasoning and thinking skills.

Emotional development/regulation: The ability to perceive emotion, integrate emotion to facilitate thought, understand emotions and regulate emotions.

Social skills: Determined by the ability to engage in reciprocal interaction with others, to compromise with others and to be able to recognise and follow social norms.

Planning and sequencing: The sequential multi-step task/activity performance to achieve a well-defined result (e.g. a cut and paste task or a simple maths worksheet).

What Can Families Do to Help their Child Get Ready?



1. Try to arrange play dates with other children starting at the same school. This gives your little one the chance to develop their social skills.
2. Let your child practise drawing with a range of different materials, such as pencils, crayons and textas, to help develop their fine motor skills.
3. Encourage your little one to dress and undress themselves, and use the toilet independently.
4. Encourage your little one to have conversations with you – ask them questions, listen to their answers, and encourage them to talk about what they think and feel so they can express themselves with new friends and teachers.
5. Read with your child as often as possible. If your little one has some reading skills already, that's great! But if not, don't worry – they will be taught how to read at school.
6. Help your child develop a basic awareness of numbers by helping out around the house – they could set the table and count the plates, match socks from the washing line, or measure the ingredients for some baking.
7. Play games with your little one – simple board games (like snakes and ladders) and card games (like snap and go fish) are great for practising turn-taking, sharing, waiting and learning to cope with not winning.

Want Further Information?

Visit: <https://childdevelopment.com.au/areas-of-concern/school-readiness>

<https://www.transitiontoschoolresource.org.au>

<https://www.learningpotential.gov.au/articles/is-your-child-ready-for-big-school>

<https://www.guardian.edu.au/blog/parenting-advice/10-signs-your-child-might-be-ready-for-school/>