



Kells & Connor Pre-School
Centre of Early Learning

- ♦ Take photos of the staff (photos in foyer on notice board) and talk to your child about us.
- ♦ Put your child's name on their sweat-shirt and coat.
- ♦ Practise putting sweatshirt/coat on and off. Pulling up the zip, putting on a hat and putting on gloves.
- ♦ Where possible, wear jogging bottoms, and shoes with Velcro. Also suitable shoes for playing outside.
- ♦ Practise the routine of going to the toilet. Pulling down trousers and so on. Let your child know, not to be afraid to ask for help.
- ♦ Talk to your child about being kind and helpful and to listen carefully to the staff, as we need to **listen to learn** the rules and routines.
- ♦ Tell us about your child's likes / dislikes / fears
- ♦ Return all paperwork
- ♦ Just ask us for advice if there's anything you are unsure about.

A parents guide to Starting Pre-School



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GETTING READY FOR PRE-SCHOOL

Starting Pre-School is an exciting time for children and parents, but it can also be overwhelming. With some preparation and encouragement, hopefully the transition into Pre-School is a bit easier. Here are some hints, tips and activities to help.

HINTS AND TIPS

- We offer a visit for you and your child, to help your child become familiar with where they will be going and learn where important places are like e.g. the toilets, coat peg, pigeon hole and the different areas in the playroom.
- Find out what the common activities are and what an average day for your child will look like from the staff, then discuss this with your child.
- It's important to explain where they'll be going, what they'll be doing and for how long. · If your child has any additional needs discuss these with the Leader before they start .
- Practice dressing/undressing and doing any fastenings on their clothes. Practise zips on their coat.
- Don't worry, children have varied abilities when they start Pre-School and the staff will help them progress at their own level. They don't need to be able to read, write or do sums before they start.
- To prepare your child for Pre-School it is important to spend time with them and have fun together. Read to them, share stories, sing songs (nursery rhymes) talk about anything and everything.
- Try to give them the chance to spend time with other children the same age, so they can learn to play together, share toys and turn take.
- Try to familiarise your child with letters and numbers before starting Pre-School. If you can, read more often with your child. When you're out try number-spotting. Count the steps when going upstairs, play I spy with using colours.

This will help their confidence when they go to Pre-School.

REDUCING ANXIETY

Talk to your child about starting Pre-School. What do they think it will be like? What are they looking forward to? Is there anything they're worried about? · Find photos of you and other family members at school, and chat about happy times you spent at school.

- Practise the school morning routine, including getting dressed and eating breakfast in time to leave. **BUILDING SKILLS FOR PRE- SCHOOL.** If children have had the chance to do some learning and practical skills at home this helps when they go to Pre-School and they are less likely to find the experience stressful. Playing games, doing roleplay or dress up, and reading at home can help a lot to get them ready for Pre-School and build their confidence and skills. Activities you can try could include:
- Playing games that involve taking turns.
- Playing with children who are of similar age to develop social skills.
- Reading books about starting school.
- Playing with Alphabet letters.
- Playing with cut out numbers so the child has an awareness of these.
- Using your child's favourite toys to role-play going to school. · Painting and drawing, which involve sitting down for short periods of time.
- Constantly talking to your child and listening to their answers is a really important activity and builds language skills and social skills.
- Sing Nursery Rhymes and songs that children like that have repetition in them as these will help them to remember new words.
- Telling or reading stories and poems to your child is an important part of developing an interest in reading. This should be an enjoyable experience for yourself and your child. You should aim to do this for a short period (e.g. 10 minutes at least) every day. When reading a story, encourage your child to talk about the pictures and identify characters.
- Let your child hold the book and turn the pages as you read the story.