

# Preparing for kindergarten or early learning



Starting kindergarten or childcare is a special time for families. Your child can look forward to engaging in new experiences, developing friendships, and learning valuable lifelong skills.

Before your child starts, there are some things you can do to help ensure your child enjoys a smooth transition to kindergarten or early learning and care.

## Complete your child's enrolment form

Please complete all relevant sections of your child's enrolment form and submit it to their centre before they start. This is a regulatory requirement, and it will help educators understand your needs.

Refer to page eight of the enrolment form for a list of documents to supply before your child starts.

## Review our policies

We invite you to review our policies, which cover operation, quality, health, safety and wellbeing in our centres. These are available at your child's centre and on our website at [www.ecms.org.au/policies](http://www.ecms.org.au/policies).

If you have questions or feedback, please speak to your child's educator.

## Meet your child's educator

Before your child starts kindergarten or childcare, their educator will spend some time with you. This is an excellent opportunity to share your child's needs, likes and dislikes, and to ask questions.

Your child's centre will contact you to organise an orientation time.

## Supporting your child's transition

Our educators will support your child and family to transition well into kindergarten or early learning and care. You might find these suggestions useful too.

### Before your child starts

1. Visit your child's centre one or more times to meet educators and explore the learning environments.
2. Talk to your child about what to expect at kindergarten or childcare. Tell them when they will be attending, their educators' names and the activities they can look forward to.
3. Talk to your child about your rewarding early childhood experiences.
4. Read your child stories about kindergarten or childcare, or about trying new things.

### Once your child starts

1. Establish a good relationship with your child's educators. Speak to them when you arrive, greeting them by name. If time permits, you can engage in an activity with your child and an educator.

2. Initially, you might like to stay with your child for a while, playing with them or watching on as they play. You can reduce this as your child becomes more confident in their new environment.
3. If your child is feeling a little anxious, try to be calm and acknowledge how they are feeling. When it's time to leave, let your child know you will be collecting them later in the day. Our educators will support your child to settle in and will keep you informed each day.
4. When you collect your child, take some time to ask them about their day such as what they learnt and their favourite activity.

## What to bring - a checklist

You'll receive a complete list of what to bring to kindergarten or childcare at orientation. However, this guide will help you prepare.

- ☐ a complete change of clothing in your child's bag or backpack. (Including extras if your child is becoming independent in their toileting)
- ☐ nappies, if required (please talk to your centre)
- ☐ from 1 September to 30 April - a wide brimmed sun hat and apply sunscreen before attending. We also recommend sunglasses for outdoors
- ☐ in winter - a warm coat
- ☐ comfortable shoes for playing and climbing. (Thongs and Crocs are not recommended)
- ☐ nutritional food for the day (if applicable)
- ☐ if your child would like to bring a favourite toy from home, please let your educator know. (Educators cannot accept responsibility for toys brought from home)
- ☐ a drink bottle filled with fresh water.

