

## TRANSITION TO KINDER – A TIP SHEET FOR 3 YEAR OLD EDUCATORS

Starting kinder is a major milestone in the life of a child.

Here are some ideas you can try to ensure the Transition period is as positive as possible for both the child and the family.

### WORKING TOGETHER

Three year old Educators and Families both play an important role in helping the child prepare for kindergarten

Some of the tips below will be of benefit for home as well as Kinder

#### Encourage families to:

- Take photos on their phone or tablet at orientation day (e.g.: building entrance, kinder room door, teacher –if known, toilet, playground, bag area) and talk about these regularly over the Summer holidays
- Read books about going to kindergarten e.g.: 'The Kissing Hand' by Audrey Penn and 'Tom Goes to Kindergarten' by Margaret Wild and David Legge
- Share the child's interests with their new Educators
- Drive/walk past the kinder occasionally to familiarise the child with their new environment
- Share any significant events that occurred recently such as: death, separation, birth, illness, moving house etc. with the Educator
- Choose clothes that are easy to get on/off independently – including pants/skirts for toileting, limit number of hooded jumpers to allow safer play



#### Increasing concentration skills:

- Encourage the child to stay a little longer each time at activities. Start with how long the child is paying attention for, and then increase this a little at a time as the child is ready. Use a timer to visually support this
- Reduce distractions where possible, e.g. solitary activities facing a wall, position child away from noise sources
- Support group times with props and gestures to help children engage
- Reflect on the length of group times (the expectation for a 3 year old group time would be around 4-5 minutes – (one minute per age of child plus one extra minute)
- Encourage parents to limit screen time (e.g.: TV's, iPads, computers, phones), as studies indicate links between limited concentration and excessive use of technology



## Building Children's Independence



### **Encourage children to:**

- Practice opening and closing lunch / snack containers
  - Carry, pack and unpack their own belongings
  - Put on their own sunscreen and hat
- Recognise when they are hot and cold and how to dress appropriately for the weather (e.g.: remove or put on jumper)
- Display a visual toilet routine in the bathroom and provide the same routine to families for use at home
  - Practice eating independently



## Supporting Children who may be anxious about starting Kinder

- Talk with children about what sorts of activities may occur at kinder (e.g.: routines, art and craft)



- Remind families to talk casually about starting kinder with their child - (overdoing it may create more anxiety)
- Encourage parents to take photos of the new kinder (see above), with tablets/phones which can be viewed and discussed with the child prior to starting

## Supporting Parents

- Remind parents to speak positively about kinder, as children can pick up on parents' anxiety
- If the child has additional or medical needs, encourage the parent to make an appointment with the educator to share information. (If possible the meeting should occur Nov/Dec prior to starting kinder). This could be done in the Educators' non-contact time.
- If the child speaks English as an additional language (EAL), consider using key words in their mother tongue (e.g. hello, toilet, eat, drink, more, finish, help, goodbye)

