

# Starting Kindergarten.

Easy steps to help you start



## Before the First Day.

- Fill out all forms.** Complete all sign-up and health forms.
- Check 'No Jab, No Play.'** Make sure you meet the health rules.
- Label everything.** Use a pen or tags on clothes, hats and bags.
- Test the lunchbox.** Make sure your child can open their food containers alone.
- Visit us.** Go to the kindergarten with your child. This helps them get to know the new space.



## What to pack daily.

- A strong bag.** Pick a backpack that is easy to open.
- Healthy food.** Pack a lunch and snacks. **(No nuts!)**
- A water bottle.** Fill it with water only.
- A sun hat.** Use a wide hat that covers the ears and neck.
- Spare clothes.** Pack a full set of clean clothes, socks and undies in a bag.

## Tips for a Great Start.



### Talk **Positively.**

Talk about kindergarten as a fun place. Read books about starting kindergarten so they know what to expect.

### Morning **Routines.**

Two weeks before you start, practice your routine. Wake up, dress and eat at the same time you will on kindergarten days.



### Saying **Goodbyes.**

Keep goodbyes short and brave. Always say goodbye. Tell them you will be back soon to pick them up.

### Dress for **Mess.**

Kindergarten is for messy play! Use comfortable clothes that are easy to take off for the toilet. Pick clothes you do not mind getting dirty.



### Prioritise **Sleep.**

Kindergarten is a big step for children. Make sure your child gets lots of rest. Use an early bedtime for the first few weeks.

Check our policies and tips online.  
[www.wyndham.vic.gov.au](http://www.wyndham.vic.gov.au)

