



Preparing Your Child For Prep

Below is a list of *suggestions* to help prepare your child...

Social/Emotional Development

- Encourage your child to persist in tasks when encountering a problem by giving him/her tasks slightly above his/her current ability level. When your child cannot find a solution on his/her own, encourage him/her to calmly ask for help.
- Play board games to practice taking turns.
- Set up several play dates with friends of various ages.
- Allow your child to stay with other trusted adults for a few hours at a time prior to Prep
- Tell your child you expect him/her to clean up after play.

Language Development

- Verbally give your child specific one-step and two-step directions and encourage him/her to follow through.
- Read to your child each day.
- While reading, point out how to hold a book (right-side up with the spine on the left) and the orientation in which we read the words and look at the pictures (left to right).
- After reading, ask your child what happened in the beginning, middle, and end of the story.
- Give your child plenty of opportunities to draw (without colouring books). Ask him/her to draw the things he/she sees around him/her.
- Begin to explore the uppercase and lowercase letters and the sounds each letter makes through play and games.

Cognitive Development

- Have your child help you sort items according to colour, size, and shape (laundry, blocks, silverware, toys, and other household items work well).
- Teach your child to make various patterns (red, blue, red, blue). Dots, stickers or craft items, pegs are great for this purpose.
- Practice counting aloud to 20.
- Expose your child numerals 1-10.
- Count objects in your home. Have your child point to each object as he/she counts.
- Go on a shape hunt. Point out circles, triangles, squares, and rectangles to your child while you are taking a walk or grocery shopping.
- Talk about positional and directional concepts like up/down, over/under, in/out, behind/in front of, top/bottom, beside/between, off/on, stop/go.
- Talk about opposite words (big/little, empty/full, slow/fast).

Physical Development (Gross & Fine Motor)

- Give your child plenty of opportunities for outdoor play: running, jumping, skipping, throwing, catching and climbing.
- Stack blocks together.
- Let your child use child-safe scissors to cut out a variety of shapes.
- Teach your child to write his/her name (capital for the first letter and lowercase for the remaining letters). Ensure that he/she forms the letters from the top to the bottom using the QLD Beginner Alphabet (see charts).
- Ensure your child is holding her pencil correctly.
- Play with play dough regularly. Roll, squish, stamp, and even cut it!
- String large beads to make a necklace.
- Play with spray bottles, tweezers or tongs to strengthen the wrist.
- Play with an interlocking puzzle.

Creative Arts

- Always encourage pretend play...why not join your child in his/her fantasy world?
- Teach your child to recognise colours
- Use a variety of materials to let your child paint, draw and explore!