



**Ballam Park**  
Primary School

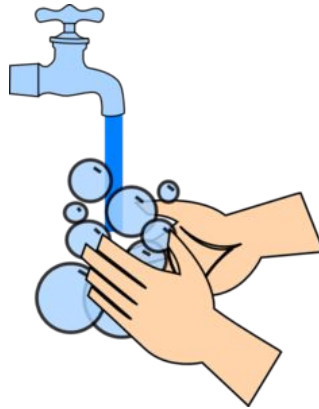
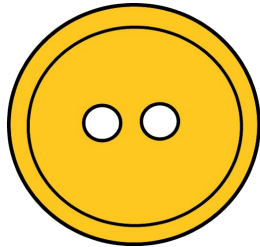
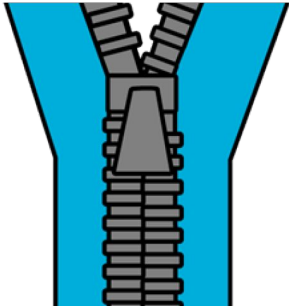
WHAT YOU CAN DO TO HELP YOUR CHILD PREPARE FOR  
SCHOOL

# SELF CARE

Dress themselves- out on own jumper and shirt, do up zips and buttons.

Encourage personal care habits to promote good health. e.g. Washing hands after using the toilet and before eating, use of handkerchiefs and tissues, covering mouths when coughing or sneezing.

Using the toilet: recognising “Girls” and “Boys” toilets, closing the door.



# DEVELOPING INDEPENDENCE/ ORGANISATIONAL SKILLS

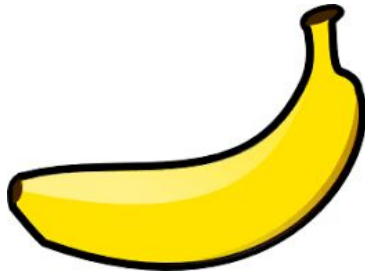


Take care of own belongings

Encourage them to pack and unpack their own kinder bag, including zips

Peeling a piece of fruit for themselves (e.g banana, mandarin)

Encourage independent eating skills. e.g. Opening food packets/containers, opening and closing lunchboxes and drink bottles.



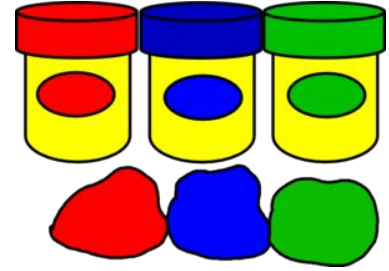
# SOCIAL SKILLS

Provide opportunities to play games that include sharing and  
Co-operation: practise waiting for a turn

Encourage your child to “have-a-go” at new experiences to  
develop confidence.



# MOTOR SKILLS

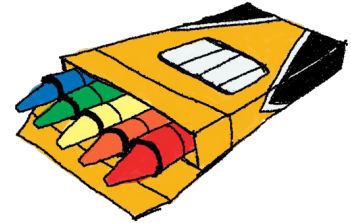


Using Playdough to develop hand and finger strength.

Cutting with scissors- cutting playdough, then straight lines/strips of paper

Drawing/colouring

Using play equipment to help develop upper body strength.



Provide lots of different writing implements for experimenting. e.g. crayons, chalk, paintbrushes & water, pencils, textas.

Allow time for experimenting with drawing, writing (scribbling) and making shapes

Playing games involving catching and throwing, skipping, jumping, hopping.

# LITERACY



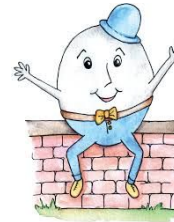
Sing nursery rhymes & songs with matching physical actions.

Talk about things you are doing around the house, shopping, visiting friends etc.

Provide a variety of experiences to stimulate discussions. e.g. train trip, going to the park, visiting the beach

Listen to stories.

Recognise their own name



Practise recognising some letters and sounds: spell out their own name

# NUMERACY

Counting rhymes/songs (e.g Ants go Marching)



Identifying numbers in the environment. e.g. letterbox, supermarket aisles.

Shopping games

Cards and board games.

Cooking.- Use terms such as full/empty, level

Complete simple jigsaw puzzles.

Discuss the purpose of things such as clocks, scales etc.

Games in the car- count trucks passing by, read number plates, can we count steps from the corner to the driveway ?

