GET READY FOR PREP

1. Practise the journey to and from school

2. Arrange play dates with families who will have kids at the same school

3. Encourage independence – skills like dressing, packing and carrying a bag, applying sunscreen and going to the toilet

4. Label all belongings

5. Talk about and practise any after school arrangements

6. Check start and finish times and where to drop off and collect your child

7. Be positive, get your child excited, and talk about any worries they have

8. Visit a library and read with your child

9. Start using the name of their new teacher to help build familiarity

10. Establish predictable routines including dinner, bath time and bed time