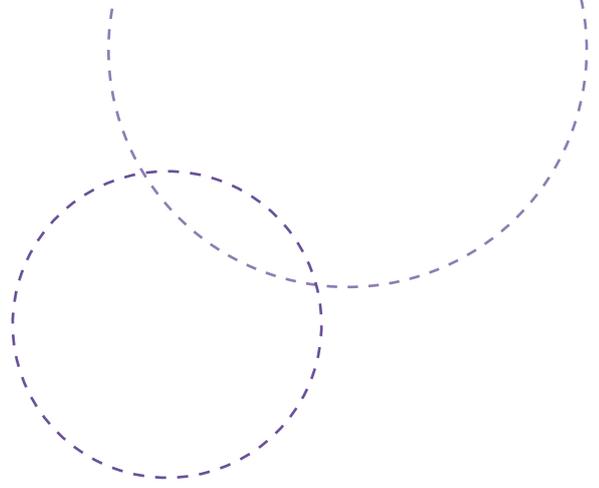




Video 2: Getting ready for school
Leaders Guide



This KidsMatter resource was written and produced by the Australian Psychological Society on behalf of KidsMatter.

Acknowledgement

The KidsMatter Initiatives have been developed in collaboration with *beyondblue*, the Australian Psychological Society, the Principals Australia Institute, Early Childhood Australia and, with funding from, the Australian Government Department of Health and *beyondblue*.

Disclaimer

While every care has been taken in preparing this work, Beyond Blue Ltd, The Australian Psychological Society Limited, Principals Australia Institute Inc, Early Childhood Australia Inc. and the Commonwealth of Australia do not, to the extent permitted by law, accept any liability for any injury, loss or damage suffered by any person arising from the use of, or reliance upon, the content of this work.

Important notice

KidsMatter Australian Primary Schools Mental Health Initiative, KidsMatter Australian Early Childhood Mental Health Initiative, and any other KidsMatter mental health initiatives are not to be confused with other businesses, programs or services which may also use the name 'Kidsmatter'.

Copyright

© Commonwealth of Australia 2013

This work is copyright. Provided acknowledgment is made to the sources, schools and early childhood education and care services are permitted to copy material freely for communication with teachers, staff, students, parents, carers or community members. You may reproduce the whole or part of this work in unaltered form for your own personal use or, if you are part of an organisation, for internal use within your organisation, but only if you or your organisation do not use the reproduction for any commercial purpose and retain this copyright notice and all disclaimer notices as part of that reproduction. Apart from rights to use as permitted by the Copyright Act 1968 or allowed by this copyright notice, all other rights are reserved and you are not allowed to reproduce the whole or any part of this work in any way (electronic or otherwise) without first being given the specific written permission from the Commonwealth to do so. Requests and inquiries concerning reproduction and rights are to be sent to :

**Communications Branch
Department of Health
GPO Box 9848, Canberra ACT 2601**

or via e-mail to:
copyright@health.gov.au

Last updated in November 2013

Video 2:

Getting ready for school

This document aims to provide Session Leaders with information to assist in the presentation of Video 2: *Getting ready for school* to parents and carers as part of the KidsMatter Starting School information sessions.



- *Starting School: Tips for facilitating sessions* contains more detailed tips and hints for planning and facilitating information sessions. Session Leaders may find it helpful to read this document before delivering the sessions as it offers valuable information that may assist in efficient facilitation. It contains four warm-up activities designed to provide parents and carers with the opportunity to meet without placing too much pressure on them to introduce themselves to a larger group. The four warm-up activities (*Meet and greet*, *Your child's highlights*, *Carousel introductions* and *Discovering what we have in common*) can be found at the end of *Starting School: Tips for facilitating sessions* and can be used at the start of any Starting School session.
- For more background information and ideas for how your setting can support children to make a positive transition, see *Transition matters: A resource about starting school for early childhood educators and school staff*.

Video 2: Learning objectives

- To increase awareness of how preparation, planning and practice can help children transition to school.
- To increase awareness of some common difficulties experienced when children start school and how to get assistance.

Outline

The following table provides an outline of *Leaders Guide for Video 2: Getting ready for school. Starting School: Tips for facilitating sessions* contains warm-up activities that Session Leaders can use at the beginning of any session to provide parents and carers with the opportunity to meet each other.

TIME	TOPIC
5 minutes	Review Video 1: <i>Thinking about transition to school</i>
10 minutes	Introduce Video 2 Show Video 2: <i>Getting ready for school</i> Summarise Video 2
5 minutes	Questions, comments and discussion
15 minutes	Activity: Plan, prepare and practice
5 minutes	Summary

Checklist

- Plan, prepare and practice activity sheet
- Starting School *Getting ready for school* information sheet
- Blank paper, pens
- Additional KidsMatter information sheets

Further resources

You might like to have additional KidsMatter information sheets available for families. See the Starting School *Getting ready for school* information sheet that lists other KidsMatter resources you might find helpful.

Review Video 1

Give a brief overview of what was covered in Video 1 to provide parents and carers with the opportunity to ask questions before presenting Video 2. For example:

Previously we identified some of the transitions your child has made, how your child has managed these transitions and what supported them. We also took a closer look at some of the changes children experience when starting school and recognised your child's existing strengths and skills that will support them during the transition to school. Does anyone have any questions or comments before we move on to Video 2?

Introduce Video 2

Start with a brief introduction before presenting the video. For example:

We are now going to show a video that looks at some of the ways you can plan ahead and prepare for the changes that school brings. You may have already started thinking about the ways you can prepare your child for the new school environment, rules and routines and experiences that come with starting school. In this video you will hear some practical ideas about how you and your child can start to prepare for school. This includes other parents and carers talking about what they found helpful when their children started school.



Show Video 2

Summarise Video 2

After the video you may like to summarise the key points. For example:

Planning ahead for the changes that school brings includes thinking about ways you can prepare your child, including navigating the social and emotional changes that may come with starting school. You may already have a sense of whether your child is excited about starting school and what their worries may be. Perhaps we can start to think about ways you can prepare your child that may work for your family by thinking about some of the practical ideas that were presented in the video.

Questions, comments and discussion

After the video you might like to invite parents and carers to break into small groups to discuss the content or you may prefer to discuss it as a whole group. Some example prompts for the discussion include:

What did you find helpful in the video? What did you find interesting? What ideas around preparing and practising for school would you like to try?

Activity: Plan, prepare and practice

Go to page 6 for instructions to facilitate this activity.

Summary

If you plan to show Video 3 after Video 2, link to the next video and accompanying activities. For example:

Now that we have looked at the strategies parents and carers can use to prepare and plan for the start of school, we will have a closer look at the range of emotions that come with change and how children may express them.



Background information for Session Leaders

This section contains background information for Video 2 and the accompanying resources. It is not necessary to present this information to parents and carers; however, it may assist you to answer questions and provide some additional information during discussions. For more information on transition to school, see *Transition matters* and *Transition to Primary School: A Review of the Literature*. Parents and carers who are interested in the research behind the video and resources can also access these documents online at www.kidsmatter.edu.au



Getting ready for school

Why might parents and carers plan for school?

The literature suggests that providing parents and carers with information about the strategies they can use to prepare children is an important part of the transition to school¹. There is evidence indicating that parents and carers may benefit from specific information and support².

What can parents and carers do to prepare their child?

The literature highlights the importance of planning and preparation to help children make a positive transition to school³. This not only includes preparing children for the new physical environment but also for the cognitive, social and emotional changes they may experience when adapting to their new environment. The literature suggests that planning and preparation in the lead up to starting school helps children and their parents and carers to feel confident about the changes that lie ahead and provides a sense of security⁴.

There are a range of strategies that parents and carers can use to prepare for the transition to school. The literature contains several practical suggestions of positive strategies that parents and carers can use to support their children's cognitive, social and emotional development, mental health and wellbeing as they adapt to the new environment⁴.



References

- 1 National Children Bureau. (2005). Supporting children and young people through transition.
- 2 Niesel, R., & Greibel, W. (2007). Enhancing the competence of transition systems through co-construction. In A. H. Dunlop & H. Fabian (Eds.), *Informing transitions in the early years: research, policy and practice* (pp. 21-32). Maidenhead, Berkshire: Open University Press.
- 3 McAllister, C. L., Wilson, P. C., Green, B. L., & Baldwin, J. L. (2005). 'Come and take a walk': listening to early head start parents on school readiness as a matter of child, family, and community health. *American Journal of Public Health*, 95(4), 617-625.
- 4 Dockett, S., & Perry, B. (2006). *Starting school: A Handbook for Early Childhood Educators*. Baulkham Hills, N.S.W.: Pademelon Press.



Activity: Plan, prepare and practice

Aims

- To help parents and carers understand that transition is an important time for supporting their child.
- To help parents and carers be aware of how they can support their child to get ready for school.
- To help parents and carers start to plan what they can do to help their child prepare for starting school.

Preparation

- Photocopy the required number of activity sheets and information sheets.

Materials

- Activity sheet: *Plan, prepare and practice*
- Information sheet: *Getting ready for school*
- Pens

Instructions

Estimated time: 15 minutes

- 1 Introduce the activity. For example:

As discussed in the video, planning ahead for the changes that school brings includes thinking about ways you can prepare your child for the transition to school. This activity will ask you to think of some practical ideas that you may like to try at home in the months before school starts.

- 2 Explain to parents and carers that in a moment you will ask them to work in small groups and everyone will be given an activity sheet. Read through the activity sheet and explain to parents and carers that as a group they will be asked to think of some things they can do in the months before school starts that can be planned,

prepared and practiced to help their child's transition to school. Emphasise that it will be helpful to think of practical aspects of starting school (eg visiting the school, packing a school bag) as well as ideas that focus on social and emotional wellbeing (eg talking with their child, helping their child practise making new friends).

- 3 Allocate parents and carers into groups of three or four (see *Starting School: Tips for facilitating sessions* p.8 for ideas on how to form groups) and give everyone an activity sheet. Each group will need to complete one activity sheet; however, parents and carers are welcome to complete one activity sheet each. Ask each group to choose someone to record their ideas. Let parents and carers know that an important part of the activity is sharing ideas and that some of the ideas generated may apply to their circumstances while others may not.
- 4 Session Leaders might like to walk around to each group and provide prompts that may help generate ideas for different settings or circumstances. For example:

What do you think you could do at school?

What do you think you could practice at home?

After 10 minutes, invite each group to read aloud some of their ideas about how they might plan, prepare and practice with their child in the lead up to starting school.

Conclusion

Conclude the activity. For example:

In this activity we thought about some of the different ways we can plan, prepare and practice with our children to help them feel self-assured and confident about starting school. All children are different so not all children will need to practise the same things. Planning and practicing can make a big difference in how your child feels and copes with starting school.



Activity

Plan, prepare and practice

Planning ahead for the changes that school brings includes thinking about ways you can prepare your child for the transition to school.

As a group, brainstorm some of the things you can do in the months before school starts that can be planned, prepared and practiced. Write down these ideas in the corresponding month.

See the Starting School *Getting ready for school* information sheet for practical ideas.

August

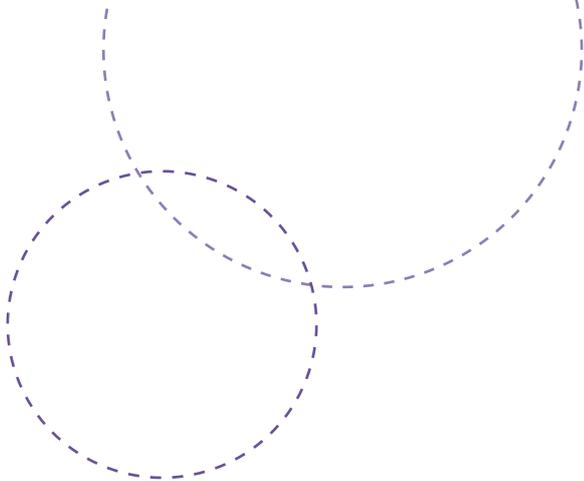
September

October

November

December

January



Notes

A large rectangular area with a red dotted border, containing 18 horizontal dotted lines for writing notes.



Kids Matter

www.kidsmatter.edu.au



Australian Government
Department of Health

