

# 5 skills to prepare for kinder

Starting kindergarten is an exciting time that can bring about lots of changes for your child. Your little one will begin to make decisions for themselves and act with increasing independence.

Support your child to be kinder-ready by practising these five skills at home.

## 1. Recognise their name

This will help them know where their locker is and find their own belongings, like their hat and water bottle.

## 2. Pack their own bag

This will help your child build confidence and take ownership of their own belongings.

## 3. Follow one or two step instructions

*Could you please scrape your plate, then put it in the sink?* These support your child to process and manage tasks in sequence.

## 4. Practice playing with others

This will help with common kindergarten demands, like waiting for a turn and sharing toys.

## 5. Practice a goodbye ritual

This can help with the goodbye anxiety children (and their parents) may experience when starting kinder.

Want to learn more about how to support your child's kindergarten readiness? Chat to our team today.

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