

TRANSITION TO SCHOOL PARENT RESOURCE LIST

When transitioning to school there is so much change in routines and structure, yet it can also be the most exciting time! To help support the transition to school with your children, Explore and Soar have devised a resource checklist of things to be mindful of, and establish for an effective school routine. In doing so, you'll help to create a positive start to big school!

We have listed these tips below in order of priority. Please be aware though that each child is unique and may need to focus more on different areas than others. If you'd like further guidance or additional information and support, please do not hesitate to contact us at admin@exploreandsoar.com.au

SELF-CARE:

- Packing bag /ownership of belongings
- Open and closing lunch box
- Open and closing snack pack bags
- Drinking from their water bottle
- Practice eating school lunch box foods
- Getting dressed in uniform & carrying school bag
- Tying shoelaces
- Bathroom use; pants on and off, wiping, correct \ positioning of clothes and washing hands

TRANSITIONS:

- Visual schedules of what is needed to go to school and to come home
- Morning routine visual schedule including, breakfast, teeth, toilet, dressed, pack bag, school
- Practice going to school and pick up routines, main point is being consistent with them. You can also practice what it may look like with a change of routine, for example, going to sport straight after school or a different parent picking you up

- Unexpected situations and emergencies
- Bell exposure and music
- Assembles / National Anthem
- Expectations within your specific school

SENSORY PROCESSING:

It is important to note that each individual and child has their own individual sensory make up. Therefore, writing generic strategies to support your child to transition to school and engage throughout the day at school is different for everyone.

Having a sensory diet and plan in place is supportive for your child and your child's teachers in transitioning to school. As OT's we can collaborate with the teachers and implement strategies that will work specifically for their classroom and teaching style, provide reports and letters as also required.

In addition, providing this information also allows for the parents to be educated and advocate for your child's needs at school, but more importantly also provide strategies and set clear expectations post school to support your children to regulate at home.

EXPLORE & SOAR

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GROSS MOTOR & PLAYGROUND SOCIAL:

- Getting out in nature, moving at the beach, national parks, on play equipment
- Create obstacle courses inside and outside the home to climb under over and through
- Stay active on bikes, scooters, roller skates etc
- Running, hopping, skipping, jumping, climbing, crawling
- Animal walks, potato sack and/or wheelbarrow races
- Hula hooping
- Exposure, teaching and playing common childhood games such as Red Rover, Mr Wolf, Poison Ball, Bull rush, Handball, 44 homes/ Hide Seek
- Sun safety – no hat no play concepts
- Pretend play themes, creating games through make believe or daily routine self-cares, such as dolls, cars etc.
- Group Rules: including whole body listening / expected unexpected
- Turn taking, negotiation, problem solving, sharing

FINE MOTOR:

- Opening and closing school bag
- Zippers, snap lock bags, buttons and shoelaces
- Writing your name
- Drawing a person
- Colouring in horizontal, vertical & circular motions
- Cutting and gluing
- Practice number and letter identification

CLASSROOM:

- Sitting cross legged on a mat
- Chair posture & ability to sit for extended periods of time
- Meal breaks and toileting breaks within the daily routine
- Auditory processing of sound and best location in the classroom to sit for optimal engagement



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