

# Getting Your Child Ready For School

## Why is it important for your child to be ready to start school?

Preparing a child will help them do well in school and in life.  
Being ready for school helps your child feel confident and excited to learn.



## When should you start getting your child ready for school?

From the day your child is born, they are ready to learn and develop.  
Begin helping your child get ready for school during their first years of life.



## What you can do to help your child prepare for school

### At home



- ✓ Listen to your child and respond to their needs in calm and supportive ways.
- ✓ Role model staying calm in stressful times.
- ✓ Help your child label their emotions and show them ways to calm themselves.
- ✓ Reflect on how your child copes with new situations and how you can help them adjust.
- ✓ Talk, read and sing to your child every day.
- ✓ Encourage your child to explore and play safely.
- ✓ Be physically active every day.
- ✓ Follow routines.
- ✓ Encourage your child to dress and go to the bathroom themselves.
- ✓ Provide your child with healthy snacks and meals.
- ✓ Complete a Looksee Checklist for development milestones at [www.lookseechecklist.com](http://www.lookseechecklist.com).

### With a Professional



- ✓ Attend regular check-ups with your Health Care Provider.
- ✓ Make sure your child's vaccinations are up to date.
- ✓ Get your child's free eye exam before starting school.



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[www.hamilton.ca](http://www.hamilton.ca)



Health Connections:  
905-546-3550

## What you can do to help your child be ready for the first day

### Talk to your child about



how they are feeling about starting school routines

### Visit



the school before September; play on the playground or have a picnic

### Practice



- ✓ walking to the school or bus stop
- ✓ driving to school
- ✓ the new morning routine
- ✓ having your child dress themselves
- ✓ unpacking lunches and opening snack containers



## Where you can go for help



Go to a Check It Out Drop In session for children 0 to 6 years. Check It Out Drop In sessions are available for free at different locations throughout Hamilton. All parents with children under age six can come and ask questions about how their child is developing. Visit [www.hamilton.ca/checkitout](http://www.hamilton.ca/checkitout) for dates, times and locations.



Visit school readiness programs offered at EarlyON Child and Family Centres and the Hamilton Public Library.



Speak to a Public Health Nurse by calling Health Connections: 905-546-3550.



Discuss any concerns with your child's Health Care Provider.



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