

FROM DAY-CARE TO SCHOOL: SHAPING THE TRANSITION TOGETHER

Dear Parents,

this summer, your child will be going to school. Make sure that your child is made to feel welcome! It's so important that your child continues to enjoy learning and doesn't lose their curiosity. When your child feels that they are being entrusted with tasks and activities to complete independently, they will gain courage and self-confidence.

This flyer contains information on how you, the parent, can support your child.

General Tips

Every child is different, ask the day-care centre in which areas your child still needs support.

Otherwise, let us make the following suggestions:

- ▶ Visit the school's homepage with your child.
- ▶ Familiarise yourself with the route to school together with your child. Pay attention to signs and traffic lights.
- ▶ Gather the various school materials, together with your child, so that you can get them excited about school.
- ▶ Ask your child to ensure they know their full name, address, and phone number.

Tips for General Development

- ▶ Allow your child to dress alone, open and do up zippers and buttons and tie laces.
- ▶ Give your child small, general tasks such as fetching something or bringing it away.
- ▶ Your child can help around the house such as when cooking, baking and setting the table.
- ▶ Let your child put their things away by themselves.
- ▶ Support spatial orientation by letting your child make small purchases for example

- ▶ Let your child move around a lot, outside if possible: mounting stairs, climbing, balancing, walking backwards and on tiptoe; playing ball, or hopping.
- ▶ Help your child concentrate on one thing for 15 minutes. Encourage them to complete tasks and games.
- ▶ Praise your child, even when they make minor progress.
- ▶ Let your child choose TV shows and talk about them together. Limit the time for media (television, computer, smartphone, Playstation, etc.) to 30 minutes per day.
- ▶ Help your child learn to be polite and respectful.

And if There's Any Time Left in the Day

- ▶ Play board games (e.g. dice and memory games, or puzzles)
- ▶ Read books and let your child tell you the story
- ▶ Sing songs
- ▶ Cut, knead, paint, colour in, glue, fold
- ▶ Sort things according to size and let your child describe them

The **schools and day-care centres in StädteRegion Aachen** are working to support you through this difficult time and wish your child a great start at school.

Impressum

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