



TIPS for a successful kindergarten start



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TIPS for a successful kindergarten start

«Nothing strengthens your child more for the first big step towards independence than the trust you place in him.»



Language – the key to communication

Have a conversation with your child. Listen attentively, tell stories and look at picture books together.

Detachment – a mutual process

A letting go does not mean a separation.

Offer your child opportunities to practise everyday routines – this creates security and orientation.

Detachment is also a process for parents. You can learn to let go – trust your child and the future teachers.



Experience the world through play

Colored pencils, paper, scissors, glue, plasticine or building blocks are ideal materials to develop your child's fine motor skills and imagination.

Helping around the house is also a good way to gain important experience. (Setting the table, cutting vegetables, disposing of waste, etc.)



Social environment



Create regular contact and play opportunities for your child with other children.

Meet other children before they start kindergarten and practise sharing through small games.

Encourage independence

Help your child to carry out everyday tasks themselves.

- Practise getting dressed
- Going to the toilet by themselves
- Blowing their nose
- Learn and practice tidying up



Health

Give your child plenty of outdoor exercise. Outdoor activities promote physical fitness and make your child fit for kindergarten.

Enough sleep is important for good development.

Make sure your child has a healthy diet.

Make sure that the maximum screen time of 30 minutes is not exceeded and that the content is age-appropriate.

«Let security and confidence grow.»

Maria Mazzarello

Preschool offers or advice in Biberist:

kids&teens, playgroup and day structures, Biberist
www.kidsundteensbiberist.ch

Ämmefröschli playgroup, Biberist
www.aemmefroeschli.ch

Counseling for mothers and fathers, Biberist
For families with children aged 0 to 5 years.
www.mvb-so.ch

The school management will help you with questions about starting kindergarten.

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