



Getting Ready for Kindergarten

Information for Parents

For enquiries, please contact:

St. James' Settlement "Kids We LOVE" Project

Address: South Wing, 5/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. Tel: 2831 3208



Take a tour

Being in a new place can be an anxious experience for young children. To familiarise your kid with the surroundings of the kindergarten, you may take him/her to the neighbourhood for a visit before classes start.

Can you see the kindergarten over there?
This is your school.

I will take you here every day from tomorrow on.

Yeah.



More to note

Depending on how well your child adapts to the new environment, you may gradually reduce the time you spend in the kindergarten with him/her. This will help relieve his/her separation anxiety.

Set the biological clock



The minute hand is pointing to “6”. That’s a good time for bed and you’ve done well over the past few nights. Now let’s get ready for kindergarten. Go to bed half an hour earlier from tomorrow on, Okay?

Good night!



Okay!
Good night!

It is important to set your child’s biological clock right for kindergarten life. To do this, you may teach him/her to read the clock and help him/her develop a habit of going to bed at a regular time.



More to note

While the clock is useful for children’s daily routine training, the calendar is a good tool for counting down to the kindergarten starting date with them. Put a cross on the calendar as each day passes and show it to your child. This will help them get psychologically prepared.

Let your child know the changes ahead

Your child is embarking a new journey amid the COVID-19 epidemic. It is better to fully explain to them health measures to be implemented in the kindergarten, e.g. tell them they will need to wear a mask in the classroom and that seating arrangements may be affected by social distancing. With better knowledge about the measures, they will better adapt to the classroom setting.



Prepare face masks and make sure you wear one in the classroom.



More to note

While the clock is useful for children's daily routine training, the calendar is a good tool for counting down to the kindergarten starting date with them. Put a cross on the calendar as each day passes and show it to your child. This will help them get psychologically prepared.



Self-care skills



Help yourself
with snacks



Put toys back in
order after playing



Dress by yourself

Before sending children to kindergarten, parents should help them develop self-care skills. Let them explore new things in daily life and encourage them to try to do certain tasks independently, such as dressing and going to the toilet. Successful experience will boost their confidence in the transition to kindergarten life.



More to note

Amid the COVID-19 epidemic, parents should guide children to keep good personal hygiene, e.g. teaching them to wash hands and to handle snot appropriately will help reduce the risk of diseases spreading in the kindergarten.

Packing the school bag

Prepare a checklist of items to bring to the classroom with your child. Pack his/her school bag according to the list. Check and tidy up the items with him/her before the first day of kindergarten. This will help him/her get psychologically ready.



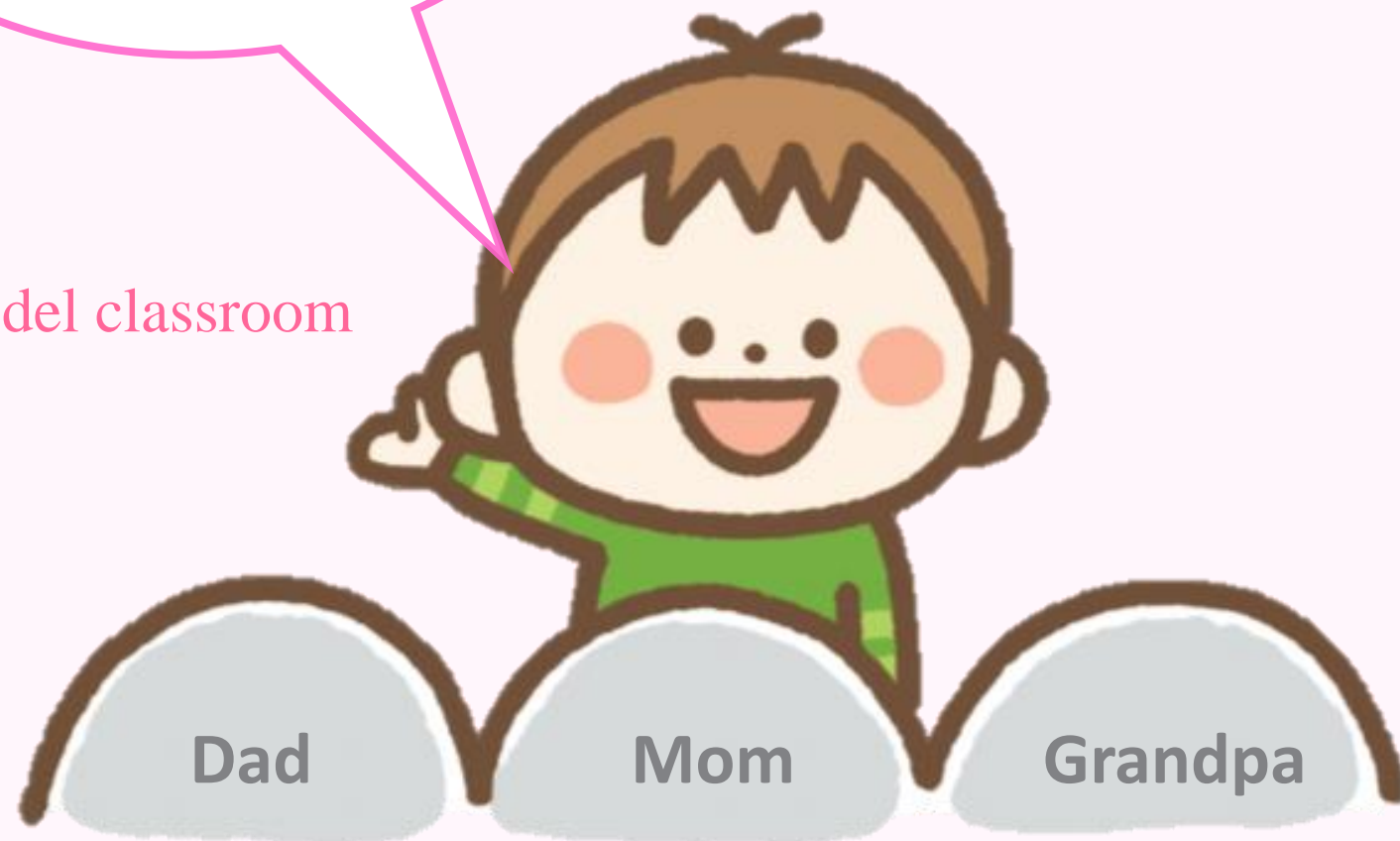
More to note

In view of the epidemic, it is a good idea to prepare more personal hygiene items for your child, such as disinfectant wipes and face masks. Besides, to reduce your child's anxiety on the initial days of kindergarten, you may also consider letting him/her take along an object he/she likes, i.e. a comfort object.

Communication with children

Good morning, class.
I am Mr. Lee.

Model classroom



It is essential for parents to keep a positive attitude toward their children's preparation for preschool. Have frequent interactions with them. Use open questions and positive language to address their feelings about going to kindergarten.



More to note

To prompt your child to express their thoughts and feelings, you may make use of picture books with stories about going to school. Ask them open questions and give them appropriate responses and guidance.

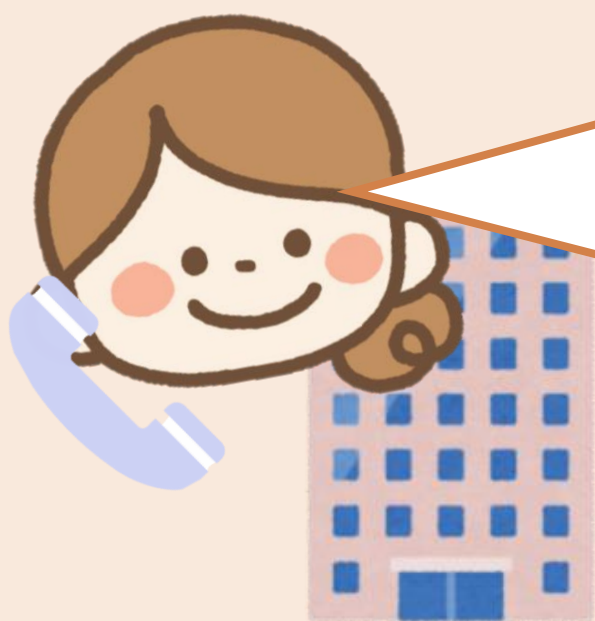
Communication with teachers

Communication with your child's teachers is also important. You may want to let teachers know about your child's personal and cultural backgrounds and personality. This will enable them to better understand your child's needs and provide appropriate supports. Cooperation between parents and teachers enhances children's growth.



More to note

In the initial days, you may want to ask teachers about how your child is coping with the new environment. Find out from teachers if there is anything you can do to help your child with the transition.



Sam is allergic to nuts, including peanuts. Please don't let him eat any food that contains nuts.
Thanks, Miss Lam !

Thanks for letting me know.
I will bear it in mind and alert my colleagues.

We will pay attention to the ingredients of lunches and snacks and prevent him from eating anything that contains peanuts or other nuts.

Phone conversation

