

Welcome to school!

Starting school is the beginning of a great journey for a child.

Some tips to prepare it well.



EMOTIONAL SUPPORT

Adequate emotional development allows the child to build self-confidence.

- Setting limits to make them feel safe – the ability to say “no” reassures them.
- Teach them to manage frustration.
- Get them to speak up and recognize their emotions (joy, sadness, fear, anger, etc.), their needs and desires.
- Hanging out with children of the same age (playground, swimming pool, nursery, etc.).
- Talk with them about their day, so to give them some pointers, start a discussion related to their activities, talk about memories with them.
- Prepare them to be separated from you.
- Discover the path to school and play in school’s playground to get familiar to the new environment.
- Teach them to honour their commitments.

LANGUAGE

Language is a key element of socialization.

- Use everyday situations to speak to the child, even if the speech is not yet acquired.
- Encourage them to tell a story when they explain a situation to you.
- If they make vocabulary errors, rephrase the word or phrase correctly without asking them to repeat.
- Read for him or tell him stories in your mother tongue; visit the library.
- Eliminate the pacifier. Its use can generate speech defects.



ACTIVITIES

Games and movements are the best opportunities to learn.

- Play board games with the child (memory, domino, lotto, card games, dice games, etc.); visit the toy library.
- Invite them to play alone (puzzles, colouring, construction games, etc.)
- Encourage free games (without specific rules) and “let’s pretend” games (kitchen, shopping, hairdresser, etc.)
- Teach him how to hold scissors, markers, small objects while doing do-it-yourself’s, playdough, etc.
- Encourage activities that allow them to move indoors and especially outdoors as often as possible.

AUTONOMY

During activities the child must try, make mistakes, and start again while being encouraged. They will be very proud of it.

- Teach them to dress themselves and to put on their shoes.
- Make them responsible for their personal belongings (carrying their bag by themselves, arrange the toys, preparing the snacks, etc.).
- Teach them to blow their nose and go to the toilet alone.
- Congratulate them on the progress.





SOCIAL SKILLS

Social skills are defined by specific behaviours allowing effective and appropriate interactions in different contexts

- Help the child develop skills to tolerate delays (waiting, taking turns, time markers), interrupt inappropriate actions (obey), and calm down.
- Help them to get in contact with other children.
- Help them to find and apply a solution in a problematic situation.



MEALS

The meal is much more than an opportunity to nourish oneself; it allows them to exchange and develop their autonomy.

- Favour a varied and balanced diet.
- Eat breakfast in the morning before school or have a snack for break.
- Avoid sweets; favour water.
- Eat together at the family table, without screens.
- Use a glass instead of a feeding bottle.



SLEEP

At this age, the child needs 10 to 12 hours of sleep per night, to ensure good recovery and a reduction of the effects of stress. Respecting the necessary number of hours of sleep facilitates memorization and strengthens the immune system.

- Install a routine to help the child fall asleep.
- Establish set times for waking up, eating and nap.
- Anticipate waking up to prepare a good start of the day.



SCREENS

Children are sensitive to screen use. Good habits are formed early. Smartphones, tablets, computers, game consoles are not suitable for young children. The abusive use of screens causes serious effects on the child's development (dependence, ocular problems, language troubles, difficulty of concentration, etc.).

- Establish clear rules for screens use.
- Limit screens to 30 minutes a day; avoid using them before school.
- Turn off screens at least one hour before bed; favour a calm activity (reading).
- Be a role model for your child when it comes to screens too.



Illustration: Julien Valentini



LIEN VERS LES TRADUCTIONS.

Recommended and/or validated by various partners of the school.



Département de l'économie et de la formation
Service de l'enseignement
Office de l'enseignement spécialisé

Departement für Volkswirtschaft und Bildung
Dienststelle für Unterrichtswesen
Amt für Sonderschulwesen

