



FIRST YEAR AT SCHOOL

WHAT TOOLS DOES MY CHILD NEED TO BUILD SUCCESS AT SCHOOL?

Many years have been spent researching what helps children who are starting school get the most out of their education. The early years of school can set the scene for future success. Children who feel confident and look forward to school most of the time are more likely to put their best efforts into their school life. While schools should be able to provide for all children, there are some tools that children can bring that will help them.

School beginners won't have all these skills all the time, but the checklist below can be a guide to where they are doing well and where they may need some help.

Checklist of skills that help children at school (in no particular order):

- Wait a while for what they want without getting upset or pushing in. Wait for their turn.
- Have the confidence that there will be enough to be able to share with others.
- Play with other children; give and take, respect others' rights and stand up for their own without being too bossy or always giving in.
- See other people's point of view and feelings.
- Listen without interrupting. Have a conversation that takes turns.
- Be friendly and interested in new things.
- Control impulses—think before they act.
- Predict what might happen when they do or say something.
- Make a plan and follow through.
- Solve some problems.
- Follow directions.
- Stick at a task that is challenging.

These skills are learnt gradually over the early years and continue into school life. Underlying them is children knowing that there are parent(s) at home who love and support them and a home where they know there will be time and space to play, to have regular meals, exercise and sleep and to be nurtured.

If a child is really struggling with these skills and does not seem able to benefit from your support and help, the early years of school is the best time to talk to a health professional about how best to set them on their way.



Want to know more? Visit www.earlychildhoodaustralia.org.au/firstyear