



Prosper  
HEALTH COLLECTIVE

# Ready, Set, Kindy

Essential Tips to Prepare Your Child for a Successful Start



# Welcome

Starting kindy is a big step for your child—and for you as a parent! It's a time filled with excitement, but it can also bring up questions and concerns, especially when it comes to making sure your little one is ready. That's why we've created this guide to help you feel confident as you prepare your child for this important milestone.

At Prosper Health Collective, we know that the early years are crucial for developing the skills that will set your child up for success. In this guide, you'll find simple, effective tips to boost your child's communication, social, and fine motor skills—everything they need to start kindy on the right foot!



# Talking and Listening: Building Blocks of Success

One of the most important areas to focus on before starting kindy is your child's ability to communicate. This doesn't just mean talking, but also understanding and listening.



## Tips to Boost Communication:

- **Narrate Your Day:** Talk about what you're doing as you go through your daily routine. For example, "We're putting on our shoes now," helps your child learn new words in context.
- **Read Together:** Choose books with simple, repetitive language and encourage your child to point out pictures or finish sentences.
- **Ask Open-Ended Questions:** Instead of asking yes/no questions, try asking, "What did you like about our walk today?" This encourages your child to think and respond with more than one word.

## Signs Your Child Might Need More Support

- Limited words or difficulty putting words together.
- Trouble following simple instructions.
- Frustration when trying to communicate.
- Difficulty making eye contact or engaging in back-and-forth conversations.
- Speech clarity - your child should be understood at least 75% of the time with an unfamiliar listener

If you notice any of these signs, consider reaching out to a speech pathologist for guidance.

# Making Friends and Managing Feelings

Kindy is a social experience as much as it is an educational one. Your child will be interacting with other children and learning to navigate new social settings, which is why social and emotional readiness is key.

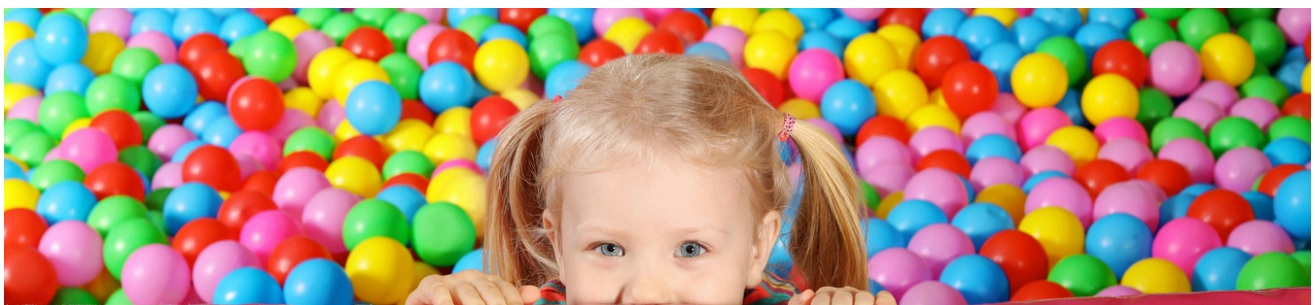


## Tips to Foster Social Skills:

- **Practice Sharing:** Use toys or snacks to practice taking turns and sharing with others.
- **Playdates:** Organize playdates with one or two children to help your child learn how to interact in small groups.
- **Role-Playing:** Pretend play different scenarios, like “going to kindy” or “making new friends,” to help your child feel more comfortable with what to expect.

## Tips to Build Emotional Readiness:

- **Talk About Feelings:** Use books or pictures to discuss different emotions. Ask your child, “How do you feel when...?” and help them label their emotions.
- **Create Routines:** Consistent routines provide a sense of security and help your child manage transitions, like separating from you when it’s time for kindy.



## Signs Your Child Might Need More Support

- Difficulty sharing or taking turns.
- Trouble making friends or playing with others.
- Extreme shyness or fear in new social situations.
- Frequent meltdowns or difficulty calming down when upset.

If these behaviors seem persistent, it might be helpful to consult with a professional for additional support.





# Getting Hands-On with Learning

Fine motor skills are essential for tasks like holding a pencil, using scissors, and even opening a lunchbox. Strengthening these skills will give your child the confidence they need for kindy activities.



## Activities to Develop Fine Motor Skills:

- **Drawing and Coloring:** Encourage your child to draw and color. This helps them develop the muscles needed for writing.
- **Play with Playdough:** Rolling, squishing, and moulding playdough is not only fun but also great for strengthening little hands.
- **Puzzles and Blocks:** Simple puzzles and building blocks help with hand-eye coordination and problem-solving.





## School Readiness Tips:


- **Practice Independence:** Teach your child to do small tasks on their own, like putting on their shoes or packing their bag.
- **Visit the Kindy:** If possible, visit the kindy together before the first day. Familiarising your child with the environment can help reduce first-day jitters.

## Signs Your Child Might Need More Support

- Difficulty holding a crayon or pencil.
- Struggles with simple tasks like using scissors or buttoning clothes.
- Avoids activities that require hand-eye coordination.
- Trouble completing puzzles or building with blocks.

If these challenges seem significant, it's worth discussing them with an occupational therapist or speech pathologist.





**"Kindy is the  
first step on  
your child's  
exciting  
journey of  
learning and  
growth"**



*You've Got This!*



Preparing your child for kindy is a journey, and every child develops at their own pace. The tips in this guide are designed to give you a strong starting point, but remember, it's okay to seek extra support if you have any concerns.

### **When to Seek Professional Help:**

If you've noticed any delays in your child's communication, social, or motor skills, or if you're just feeling unsure, our team at Prosper Health Collective is here to help. We offer consultations and assessments to ensure your child is on the path to a successful kindy start.

### **Take the Next Step:**

Book a consultation with one of our speech pathologists or occupational therapists today and give your child the best start in their kindy journey.

## Contact details

Ph: 08 6381 0071

Email: [info@prosperhealthcollective.com.au](mailto:info@prosperhealthcollective.com.au)

Website: [www.prosperhealthcollective.com.au](http://www.prosperhealthcollective.com.au)

### **Locations**

Booragoon - 150 Riseley St

Canning Vale - 259 Bannister Rd

Stirling - 51 Cedric St



Prosper  
HEALTH COLLECTIVE



# Kindy-Ready Checklist: Essential Skills for a Successful Start

As your child prepares to begin kindy, use this checklist to make sure they're equipped with the key skills they need for a smooth transition. This guide covers the essential areas to help your little one thrive in their new environment.



## Communication Skills

- Can express needs and wants using words or short sentences.
- Follows simple instructions, such as "Put the toy away" or "Come here."
- Understands and responds to questions like "What's your name?" or "Where's your bag?"
- Listens attentively to stories and can answer simple questions about them.
- Speech is clear and understood most of the time to new or unfamiliar listeners

## Social Skills

- Plays well with other children, taking turns and sharing toys.
- Can join group activities without needing constant guidance.
- Is comfortable with short separations from parents or caregivers.
- Shows interest in making friends and interacting with peers.

## Emotional Readiness

- Can manage basic emotions like frustration, sadness, or excitement.
- Recovers quickly from upsets and can move on to the next activity.
- Understands simple routines and transitions without becoming overly distressed.
- Communicates feelings like hunger, tiredness, or the need for comfort.

## Fine Motor Skills

- Holds a crayon, pencil, or marker with an appropriate grip.
- Can use child-safe scissors to cut along a line or around simple shapes.
- Opens and closes a lunchbox, zips up a bag, and handles small objects.
- Puts on shoes and clothing with minimal help, such as buttoning or using Velcro straps.

## Independence

- Is able to use the toilet independently, including handwashing afterward.
- Can follow a daily routine, such as hanging up a bag or packing away toys.
- Puts on and takes off outerwear, like a jacket or hat, without assistance.
- Eats independently, using utensils and opening containers.

### **Is Your Child Ready for Kindy?**

If you notice any areas where your child might need more support, don't worry—every child develops at their own pace. If you have concerns or just want to ensure your child is fully prepared, reach out to Prosper Health Collective for a consultation. Our team is here to help your child succeed in this exciting new chapter!