

# Getting kindy ready

*Starting kindy soon?*

*Here's some information on how to prepare for your first day.*

## Can I visit before my child starts at kindergarten?

Yes! You're always welcome here! We recommend at least two visits with your child to support them in their transition to kindergarten. Talk to your head teacher about the best time for your visits, and take the time to help the teaching team to understand your child.

## What sort of things do the teachers need to know about my child?

*Things like:*

- special words and ways of communicating
- favourite ways of being comforted
- sleep routines - when and how they like to go to sleep (if necessary)
- toileting routines
- favourite foods and special food needs
- life and family - important things that may be happening or anything that might be upsetting them.
- any special education needs, or early intervention services they are receiving.

## Can I stay on my child's first day at kindy?

Absolutely. When you arrive, ask your head teacher about signing in, help your child to hang their bag and put their lunchbox away.

- encourage your child to get involved in an activity.
- be positive about the day ahead
- give yourself plenty of time to settle your child in
- use a short routine when leaving, such as reading a story together or waving to each other through the window
- It's really important that you tell your child when you're leaving, say goodbye, and then leave straight away. If you're worried, you can always phone, or your teaching team will ring you if they need to. It's normal for a little anxiety at first!

## Will the teachers ring me if my child is unwell or hurt?

If your child becomes unwell, the teaching team will ring you and ask you to come and take your child home. It's a good idea to have a back-up plan in case you can't get there quickly.

Make sure your emergency contact person can help if needed. Keep your child at home until they are better to reduce the spread of illness.

If your child is hurt at kindergarten, the teaching team will apply first aid as needed. If the injury needs attention they will call you immediately and get the help needed. Any injury, hurt or scrape will be reported to you at the end of the session. Our teaching team are great at hugs, and in most cases your child will be back at play within minutes!

## What should I pack for kindy?

- a drink bottle - named
- a sun hat - or a warm hat in winter. Please name all your child's clothes
- a change of clothes, and a bag for sending home dirty clothes
- warm jacket and gumboots in the winter – we play outside all year round!
- food – check with your teachers about the kind of foods we encourage children to eat at kindergarten
- spare nappies and wipes
- a bag to hold all these things in - named.

## When will my child eat?

Most of our kindergartens have a "rolling kai". That is, the children are supervised to eat when they are hungry rather than at a set time – and they are supported to learn to manage their own snacks/lunches. If your child is really busy and not thinking about food, we'll encourage him/her to eat regularly.

There are times when we will have a group kai – with us all sitting down to share the group time and eat together. We often share fruit at morning and afternoon tea times.

## What food does/can my child bring to kindy?

We encourage our families to put together healthy kai for their children - natural, whole foods, fruit and veges that will nourish them and give them the energy they need for a busy day's play. Talk to us more about ideas for lunches – and have a look at what others bring when you come to visit.

Lunch box suggestions - [fuelled4life.org.nz](http://fuelled4life.org.nz) and for more healthy heart family recipes [hri.org.nz](http://hri.org.nz)

## Will you support my child with toileting?

Talk to us about how your child is managing toileting. We're more than happy to help and will plan with you to support your child's progress with potty and toilet training while he/she is at kindy.