











# PREPARING YOUR CHILD FOR PRIMARY

School readiness is built through your child's experiences before entry to grade primary. Family support is important in shaping these experiences. Children take great pride in being able to do things independently. Here are some tips to improve your child's success when participating in daily activities in their first year of school!

Practice new routines at home: - getting ready in the morning – getting up early, getting dressed, and the full journey to school - dressing and undressing with all clothing items		
	<b>Begin with:</b>	<b>Next Step:</b>
<b>Shoes/Boots</b>	<ul style="list-style-type: none"> <li>• Velcro straps or slip-on shoes</li> <li>• Have well-fitting shoes that have a rigid heel cup and are made of firm material</li> </ul> 	<ul style="list-style-type: none"> <li>• Laces or buckles</li> </ul> 
<b>Pants</b>	<ul style="list-style-type: none"> <li>• Elastic waist bands, loose fitting</li> </ul>	<ul style="list-style-type: none"> <li>• Buttons (<u>note</u>: large buttons are easier than smaller), belts, snaps</li> </ul>
<b>Jacket/Coat</b>	<ul style="list-style-type: none"> <li>• Large, sturdy zipper</li> <li>• Add a zipper pull to make the tab easier to grasp (avoid multiple flaps covering the zipper; also if there is a flap, ideally it can be folded back out of the way easily and is not flimsy)</li> </ul>	<ul style="list-style-type: none"> <li>• Buttons, snaps</li> </ul>
<b>Hats</b>	<ul style="list-style-type: none"> <li>• Pull-on; Velcro chin straps</li> </ul>	<ul style="list-style-type: none"> <li>• Tie-up chin straps</li> </ul>
<b>Scarves</b>	<ul style="list-style-type: none"> <li>• Neck warmer/neck tube/ infinity scarf</li> </ul> 	<ul style="list-style-type: none"> <li>• Long scarves (may pose a safety risk and are often not suggested for younger children)</li> </ul> 
<b>Gloves</b>	<ul style="list-style-type: none"> <li>• Mittens or rigid gloves</li> <li>• Mittens that attach together through sleeve of coat</li> </ul> 	<ul style="list-style-type: none"> <li>• Tight, stretchy gloves</li> </ul> 

Modified from *CanChild: planning your child's kindergarten wardrobe*

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	<b>Look For:</b>	<b>Avoid:</b>
<b>Backpacks</b>	<ul style="list-style-type: none"> <li>• Thick, well-padded, adjustable and curved shaped shoulder straps</li> <li>• Both shoulder straps should be worn</li> <li>• A wide waist and chest belt for even weight distribution</li> <li>• Large enough bag to hold lunch bag &amp; book or scribbler</li> <li>• Sturdy zippers, zipper pulls may be added to make it easier to hold onto the zipper</li> <li>• To ensure the best fit, have the child try the backpack on fully loaded before buying it</li> <li>• Adjust the pack so the bottom sits 2" above the waist</li> <li>• Packing: Place heavy items on top and along back of the pack (closest to child)</li> <li>• Let children pack their own bag and practice opening and closing their school and lunch bags</li> <li>• <u>An elementary school child should not carry more than 10% of their body weight</u></li> </ul> 	<ul style="list-style-type: none"> <li>• Over-packing!</li> <li>• Backpacks that unzip to the very bottom of the bag; these are more difficult to pack</li> </ul> 
<b>Lunch Bag &amp; Containers</b>	<ul style="list-style-type: none"> <li>• Large enough to hold lunch &amp; snack foods</li> <li>• Plastic drink container with flip-up straw or plastic juice box holder</li> <li>• Snip food packages to make easier to tear open (granola bars, small bags)</li> <li>• Easy to open plastic containers (snap-lock lids)</li> <li>• Practice opening containers (screw-on lids, flip-off lids, zip-lock bags) by putting fun items inside</li> </ul> 	<ul style="list-style-type: none"> <li>• Too small of a lunch bag requiring everything to fit "just right"</li> <li>• Pouch drinks/juice boxes if children have: <ul style="list-style-type: none"> <li>○ difficulty inserting the straw</li> <li>○ difficulty using appropriate hand pressure to hold the box. A juice box holder may help (practice at home before sending).</li> </ul>  </li> </ul>
<b>Sleep</b>	<ul style="list-style-type: none"> <li>• 11-12 hours of sleep per night to improve readiness to learn &amp; participate at school</li> </ul>	<ul style="list-style-type: none"> <li>• Electronic devices before bedtime (TV, Computer, tablet)</li> </ul>
<b>Using the washroom</b>	<ul style="list-style-type: none"> <li>• Encourage your child to participate in washroom hygiene at home and in public washrooms: flushing toilet, pulling down/up own pants, washing and drying hands, wiping, urinal use for boys</li> <li>• Feet should be supported on the floor or a stool</li> <li>• Model appropriate hand washing, remind child to wash hands after toileting</li> </ul>	<ul style="list-style-type: none"> <li>• Pants that are difficult to pull on/off</li> <li>• Feet dangling above the floor</li> </ul>