

# Our child is now going to school

## Tips for parents



The transition from nursery to primary school is a huge and important step for your child. Most of the children are prepared for this transition after two years in the nursery and are looking forward to school. Here are some suggestions and tips how you can prepare your child for the transition into primary school.

## In this way you can support your child

**Talk positively about school:** Talk only positively about school. Your child should look forward to going to school. With a positive attitude the entry is working best.

**Rules and rituals:** Your child needs rules and known rituals. In school it helps if your child can be attentive and knows that there are rules and that these need to be adhered to.

**Health:** Care for your child's health, e.g. make sure that it has enough sleep. A balanced nutrition, a breakfast and/or a snack help your child to concentrate. Also moving enough is important so that your child can listen well and works quietly in school.

**Media consumption:** Assure that the media consumption (TV, mobile phone, PC, game consoles) is limited and supervise your child during this time. Watching a lot of TV and playing computer games massively are bad for your child's concentration. 6 to 9 year olds shall not have more than 5 hours screen time per week.

**Daily behaviour:** Support your child on its way to autonomy. Show for example how the child can be dressed for sports, delegate small tasks at home or ask it for help concerning smaller jobs.

**The way to school:** Exercise the way to school with your child until it can walk this distance alone and safely. Your child is proud if it already knows the way to school and the school building itself.

**Self-confidence:** Strengthen your child by trusting in it. Pampering the child too much is lowering its healthy self-confidence and prevents that it is learning new things.

**Development:** Each child is learning in a different pace. Do not compare your child with others. Show happiness about what your child is able to do. Praise also the efforts, not only the results.

**General promotion:** Take your time. Let your child help you in your daily life. Spend your leisure time in a versatile way. Do not do everything for your child. Your child learns a lot and has fun if it can try out new things on its own.

**Targeted educational promotion:** Do not worry about how to learn reading, calculating and writing. Your child will learn these things at school.

**Language:** Communicate with your child and show understanding and interest for what it has to tell you. Read for example stories to your child and talk about them.

**Learning motivation:** Be interested in what your child is doing. Children want to make their parents happy. Your happiness about your child's activities is the best driving force for its further development.

**Cooperation:** Your child is learning best if it experiences that parents and school are cooperating well. Keep in touch with your child's school.

## What you need to know

### Is the age at which children are obliged to visit school fixed?

According to the Primary School Law of Thurgau your child is visiting the mandatory nursery for two years and is then going to a primary school.

### When is your child ready for school?

At the time of entry to school children are differently developed. In school the focus of attention is to individually promote the development of each child. School, parents and other caregivers commonly significantly contribute to this.

### Are there exceptions to the regular entry to school?

Due to important reasons the entry to school can be performed one year earlier or later. The school authority is deciding about such exceptions. In case a year shall be skipped, a school psychologist needs to be consulted in time in order to assess the situation.

### How is the school entry performed most successfully?

The school entry is performed in a good way, if all persons involved are confident, well prepared and the child is looking forward to going to school.

### What can you do in case of uncertainties?

Contact the nursery teacher, if you have questions concerning the school entry or worry about whether your child is ready for school yet.

If you are searching for a second opinion or are unsure about the emotional, social, intellectual or language development of your child, then you can contact the Department of School Psychology.

## Counselling for parents

### Regional offices

**Amriswil**, Kirchstrasse 1, 8580 Amriswil, 058 345 74 60

**Frauenfeld**, Grabenstrasse 11, 8510 Frauenfeld, 058 345 74 30

**Kreuzlingen**, Konstanzerstrasse 13, 8280 Kreuzlingen, 058 345 74 80

More information at: [www.av.tg.ch](http://www.av.tg.ch)

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