

READY FOR PRIMARY SCHOOL

Your toddler will soon be going to primary school. This could be quite an exciting time for you as a parent and for your child. It's quite a big step. Even when your child is ready for it. These tips may help.



1 Becoming independent by doing it yourself

Doing things by themselves makes children independent and gives them self-confidence. A toddler often says, "I want to do it". Sometimes you might think: "Not now, we have to leave." Or: "You can't do that yet; I can already see it's going wrong". You can give your child the opportunity to do it themselves, to make mistakes and give them the time to do so. You can see how proud your toddler is when they succeed at something! A child who can dress and undress themselves and button up their coat is less dependent on others. This is pleasant for the child, for you as a parent and for the teacher. Are you still struggling a bit? Practice makes perfect. Start practising a few months before starting school. Read more about becoming independent or watch the video using the QR codes below (this information is in Dutch).

[Read](#)



[Video](#)



Before your child goes to primary school, they must be toilet trained. An occasional accident is not a problem, but if it happens almost every day, we recommend making an appointment with the Youth Health Care nurse from GGD Hollands Noorden. She will be happy to help you. You can also let your child practise going to the toilet and wiping their own bottom at home if this is still difficult.



2 Consultation with (preschool) childcare centre

Is your child attending a (preschool) childcare centre? They often work together with primary schools. You can ask them what they are doing to prepare your child and what else you can do with your child as a parent (or parents). This could include reading aloud, movement games, dressing and undressing themselves, being able to play alone or being able to play together.



3 Contact with the primary school

After registering, you will receive information from the school about settling in, the school rules and what things you need. Usually, your child is allowed to come and 'settle in' a few times. Sometimes, you and your child are allowed to have a look in the classroom together. You can inquire about what is possible for your child.

The school will tell you what the arrangements are at school regarding food and drinks. They will also tell you what your child should bring on the first day of school - for example, clothes for physical education and a school bag. Sometimes, you get the bag from the school. Some schools provide a cup or water bottle to drink water.



4 Talk to your toddler about going to school

There is no need to start too early with this. Two months in advance is early enough. The library has many excellent books you can borrow free of charge. You can borrow a picture book about going to school and talk about it. Maybe your child already knows other children who go to the same school. If you are feeling anxious about your child going to school, we recommend not showing this too much. You can respond to your child's questions and concerns. You can read more about the [first period of school](#) via the QR code (this information is in Dutch).



5 Playing by yourself and playing outside

Children like it when you are close by. It makes them feel safe. But if there is always a parent or an adult nearby, your child may feel unsafe when at school in the playground, for instance. Try to practise not always being nearby. For instance, if the playground is open after school, you could try playing there a few times.

It would be nice if your child could also play independently at home and learn to tidy up their toys after themselves. You can practise this, for instance, by making a competition out of tidying up or by playing a tidying up song.



6 Get up, get dressed, get things ready and go to school

Getting up on time every day takes some getting used to. For you and your child. It is useful to consider how much time you need. Can your child dress themselves quickly? Do you like to prepare everything the night before? How long does it take to get to school? Are you going by bike, or would you rather walk? Together, you can try out what suits you!



7 Practise with language and exercise

From an early age, your child learns many new skills. Parents/guardians and school work together on, for instance, language and exercise. You can help your child by practising at home from an early age. You can stimulate language by reading books, singing or listening to songs and involving your child in daily activities such as cooking. You can name the actions you perform. You can also explore the outdoors together and discuss what you see, hear, smell or taste.

Cutting, pasting, painting, and colouring are skills that your child learns at school every day, as well as running, jumping, and climbing. Your child will love it when they already know about these things and has already mastered them a bit. This makes your child feel proud and independent, and they can participate well with classmates.

Scan the QR codes to read more about this (this information is in Dutch).

Language



Motor development



Contact

If you have questions about your child, please contact the Youth Health Care nurse who is linked to your child's childcare centre or school at 088 0100550 or ondersteuningjgz@ggdhn.nl.