

# *How to promote your child before school starts*



Information sheet and guide  
for parents and guardians  
during the 2-year period before school starts

Dear parent or guardian,

there is still a lot of time left until your child's first day of school, however, you may already use this time efficiently by helping your child to be well-prepared before school starts. Taking your child to the day-care centre on a daily basis and cooperating with kindergarten teachers are significant steps in the promotion process for your child. As the main tutor of your child you will be responsible for its development and for unfolding the skills that your child will require in school. This flyer serves as a guide to give you some basic ideas and support.

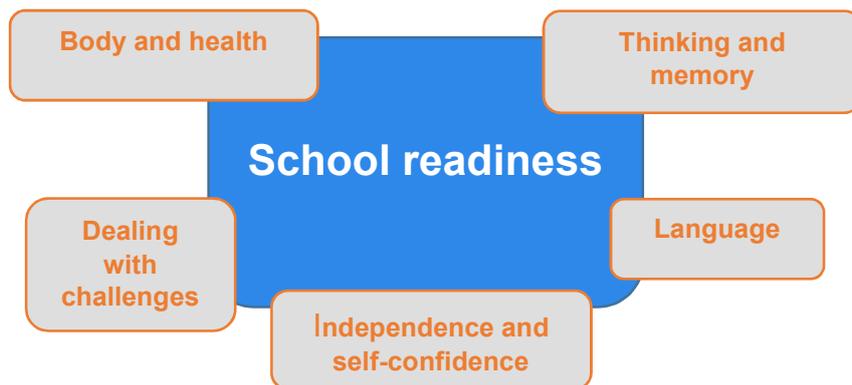
The promotion of your child does not involve teaching school lessons and completing exercises in advance. In fact, promotion is about developing daily routines and investing approximately one hour per day to be there as a parent and to care exclusively for your child. This will help your child to get ready for school – and for life.

Enjoy precious quality time with your child and discover the world together.

## What does “school readiness” mean?

---

The skills of a child - elements of “school readiness” - can be subdivided in five different categories with many overlappings between them. A specific activity (for example: playing together) may help to develop several skills at once.



## Body and health

---

- ✓ Playing outside as much as possible, even in bad weather (dressed appropriately): running, climbing, using training bikes, kids' scooters, rope skipping, going for a walk etc.
- ✓ Time for breaks (playing oblivious to the world around, daydreaming, even boredom is permitted!)
- ✓ Active participation in a sports club
- ✓ Healthy food and drinks, cooking together
- ✓ Drawing (holding a pencil correctly), cutting out (for example, from a catalogue), using Play-Doh, kids crafts
- ✓ Time limit for TV, mobile phones, tablets, Wii, PS etc. (not more than one hour over the course of the day, never before going to bed)
- ✓ Sufficient sleep (8 to 10 hours per night)
- ✓ Bedtime rituals help falling asleep in the evening (read aloud or tell stories)
- ✓ ...

## Thinking and memory

---

- ✓ Experience daily routines with all senses: What are you able to see? What are you able to hear? What are you able to touch? What are you able to smell? What are you able to taste?
- ✓ Recognising colours and shapes
- ✓ Game: "I spy with my little eye..."
- ✓ Building
- ✓ Singing
- ✓ Finding opposites
- ✓ Comparing volumes and sizes (Which one contains more? Which one is bigger/ higher/ longer?)
- ✓ Counting objects and animals outside
- ✓ Resolving jigsaw puzzles
- ✓ Playing board games (for example: "Spitz, pass auf", "Uno", "Memory", "Ludo")
- ✓ Storybooks, including puzzle books (talk about pictures, search and discover together, ask questions about the story)
- ✓ ...

# Language

---

- ✓ Create opportunities to develop language skills (talk about daily routines at the dinner table, encourage to talk about day-care centre activities etc.)
- ✓ Speaking full sentences
- ✓ Listen and let your child talk
- ✓ Switch off your mobile device in conversations
- ✓ Sing together
- ✓ Teach nursery rhymes
- ✓ Read children's storybooks together, ask questions and encourage your child to repeat the story in its own words
- ✓ Play together while talking to each other (including role plays)
- ✓ ....

## Self-determination and self-confidence

---

- ✓ Assign small tasks to your child (setting the table, waste disposal etc.)
- ✓ Promote independence (dressing and undressing, using the toilet, tidying up the room)
- ✓ Playing alone in the room / at other children's homes / visiting a music or sports club
- ✓ In traffic situations: be a role model, walk short distances together, learn appropriate behaviour in traffic, behaviour towards dogs, point out certain risks
- ✓ Recognising and remembering full name and address
- ✓ Encourage and praise good behaviour
- ✓ Ask your child about its own ideas and suggestions
- ✓ Frequent plays with other children
- ✓ Practising fair treatment and respect towards others, for example, learning to play by the rules in board games
- ✓ Set and observe limits (act as a parent being able to say "no" in certain situations)

## How to resolve issues

---

- ✓ Teach your child to take over responsibility (according to age)
- ✓ Ask your child about its own ideas and suggestions
- ✓ Allow your child to make its own mistake and to learn from it
- ✓ Finish board games, even if your child is losing
- ✓ Teach your child to be patient, if you are busy with an important task
- ✓ ...

The basic requirements for your child's ability to successfully deal with challenges and resolve issues include: Motivation and attention, ability to deal with setbacks, willingness to work with diligence and to focus on a task to complete it with success.

## Basic information

---

- ✓ The **family** is the basis for a child's development. Parents are key **role models**.
- ✓ Additionally, the best preparation for school is **day-care centre attendance on a regular basis**.
- ✓ Children learn by **imitation and plays**.
- ✓ Make sure to take action, if you receive a specific **therapy recommendation** – there is still enough time to catch up!
- ✓ **Help your child to unleash its potential**. Do not try to maximize your child's performance by putting too much pressure on it.

Space for notes

---

Space for notes

---

## Further information

---

The management staff of day-care centres and primary schools will be happy to support you, if you have any questions or if you require any advice.

Please ask your local city administration for addresses and details of relevant contact persons:

### **Primary schools in Herdecke:**

#### **Grundschule Werner Richard**

Am Sonnenstein 4, 58313 Herdecke

Telefon: 02330-919790

E-Mail: [verwaltung@werner-richard-schule.de](mailto:verwaltung@werner-richard-schule.de)

#### **Grundschule Robert-Bonnermann**

Bahnhofstraße 7, 58313 Herdecke

Telefon: 02330-919050

E-Mail: [robert-bonnermann-schule@t-online.de](mailto:robert-bonnermann-schule@t-online.de)

#### **Grundschule Schraberg**

Neue Straße 46, 58313 Herdecke

Telefon: 02330-8003916

E-Mail: [schrabergschule@web.de](mailto:schrabergschule@web.de)

#### **Grundschule Hugo Knauer**

Am Berge 35, 58313 Herdecke

Telefon: 02330-607200

E-Mail: [verwaltung@hugo-knauer-schule.de](mailto:verwaltung@hugo-knauer-schule.de)

### **Day-care centres in Herdecke:**

#### **Ev. Familienzentrum Herdecke**

Spinnigasse 1, 58313 Herdecke

Telefon: 02330-4934

E-Mail: [info@ev-familienzentrum-herdecke.de](mailto:info@ev-familienzentrum-herdecke.de)

#### **Ev. Kindergarten Ahlenberg**

Waldweg 14, 58313 Herdecke

Telefon: 02330-70998

E-Mail: [kindergarten@ev-kirche-ende.de](mailto:kindergarten@ev-kirche-ende.de)

#### **Ev. Kindergarten Zeppelinstraße**

Zeppelinstraße 16, 58313 Herdecke

Telefon: 02330-2535

E-Mail: [ev.kiga.herdecke@t-online.de](mailto:ev.kiga.herdecke@t-online.de)

#### **GVS Familienzentrum/Tageseinrichtung f. Kinder Ende-Nord**

Sperlingsweg 9, 58313 Herdecke

Telefon: 02330-71286

E-Mail: [tk-en@gvs-herdecke.de](mailto:tk-en@gvs-herdecke.de)

**GVS Familienzentrum/Tageseinrichtung für Kinder Kirchende**

Zum Kuckuck 2, 58313 Herdecke

Telefon: 02330-71737

E-Mail: tk-ke@gvs-herdecke.de

**GVS Familienzentrum/Tageseinrichtung für Kinder Nacken**

Ringstraße 60a, 58313 Herdecke

Telefon: 02330-3346

E-Mail: tk-n@gvs-herdecke.de

**GVS Familienzentrum/Tageseinrichtung für Kinder Vinkenberg**

Auf dem Brennen 14, 58313 Herdecke

Telefon: 02330-13334

E-Mail: tk-v@gvs-herdecke.de

**GVS Tageseinrichtung für Kinder Westende**

Westender Weg 36a, 58313 Herdecke

Telefon: 02330-73936

E-Mail: tk-we@gvs-herdecke.de

**GVS Tageseinrichtung für Kinder Zu den Brauckstücken**

Zu den Brauckstücken 2, 58313 Herdecke

Telefon: 02330-73900

E-Mail: tk-zdb@gvs-herdecke.de

**Kath. Kinder St. Philippus und Jakobus**

Wallstraße 2, 58313 Herdecke

Telefon: 02330-2904

E-Mail: kath-kita-herdecke@web.de

**Kinderpark Herdecke e.V.**

Gahlenfeldstraße 14 - 14a, 58313 Herdecke

Telefon: 02330-72878

E-Mail: info@herdecke-kinderpark.de

**Waldorf-Kindergarten Herdecke e.V.**

Am Hessenberg 32, 58313 Herdecke

Telefon: 02330-669292

E-Mail: information@waldorfkindergarten-herdecke.de

**Administration Stadt Herdecke:**

**Amt für Schulen, Kultur und Sport**

Stiftsplatz 4, 58313 Herdecke

Telefon: 02330-6110

E-Mail: schulamt@herdecke.de