

"Children learn as they play. More importantly in play, children learn how to learn."
Fred Donaldson

Starting Early Education Preschool/Kindergarten

Starting early education can be an exciting time for families. With new routines, friends, lunches and possibly uniforms there are lots of changes for everyone in the family.

Children are constantly learning. They absorb information from everywhere, they hear what is said, and see what everyone is doing. Remember you and the people around you are role models for your children.

Establishing simple routines, such as wearing a hat when you go outdoors, washing your hands or applying sanitiser before a meal or after petting an animal are simple things that can be learnt through positive role modelling.

Being a role model you need to remember to stay safe especially when travelling to and from kinder and preschool.

Play to learn

Children learn in a variety of ways. At preschool / kindergarten they get to experience a lot of new things without the support of their parents or carers..

Children learn about working with others, sharing resources and have a plethora of indoor and outdoor activities which may be new to them.

Preschools encourage learning through play. They provide programs that stimulate the minds of children through the use of mud kitchens, sandpits, climbing frames, playground equipment, stories, excursions and special visitors. These all provide possible new and positive learning experiences for your children



SeeMore's tips for starting preschool

- 1 Help reduce separation anxiety by creating a good-bye routine to use every time you leave your child. It may be a special handshake, hug, or saying ie. "See you later Alligator."
- 2 Leave you child with friends and family for short periods of time to enable them to experience time away from you and reassurance that you will return.
- 3 Encourage your child to practice packing their bag for preschool, including lunch box and drink bottle, hat etc. Ensure your child can open their lunchbox and the wrapping.
- 4 Point out the preschool/kindergarten when out driving to show them that preschool is not far from home.
- 5 Role play routines of preschool using soft toys, ie. Big Ted dropping Little Ted off at preschool while Big Ted goes to work or shopping etc.

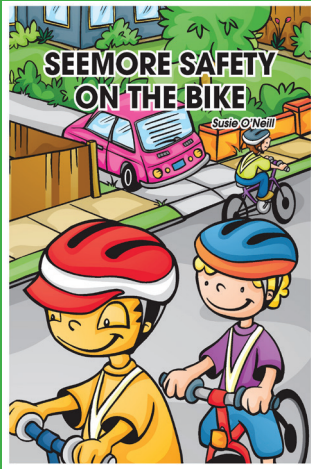
Positive Experiences

Make preschool/ kindergarten a positive experience for your children.

Enjoy a healthy breakfast to start the day and ensure you have plenty of time to arrive without rushing.

When travelling to and from preschool/ kindergarten talk about what may be happening throughout the day, what has happened and who they may play with. This is also a good time to discuss what to do if a friend does not turn up for the day.





Always wear a helmet when on your bike

Ride on the left hand side of a path

Maken sure your bike is in good working order

Ride a bike that is the correct size for you



Wait at the bus stop clear from the road

Find a seat as soon as you get on the bus and wear a seatbelt if there is one

Stay seated until you get to your stop.

Wait for the bus to leave before crossing the road at a crossing or corner



Be Bike Safe

Be Bus Safe

Be Walk Safe

Be Car Safe

Hold hands when crossing roads

If you dont have a free hand insist your child holds onto your clothes, bag or pram.

Sit in the correct sized seat with a seatbelt

Wait for an adult to help you get out of the vehicle

Look out for cars backing out of driveways

Don't distract the driver



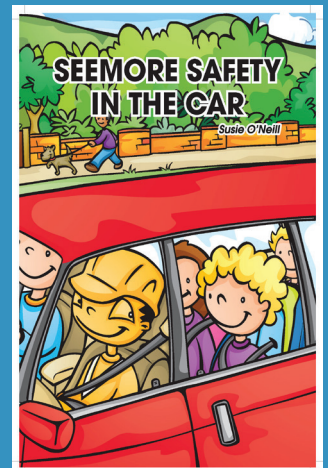
Look both ways when crossing a road

Use footpaths when walking if they are available.

Log in to read the SeeMore Safety books online here



Exit a vehicle on the footpath side





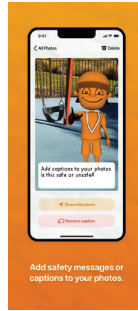
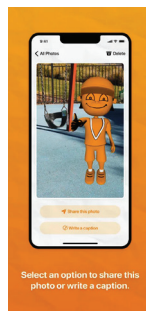
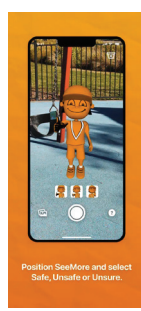
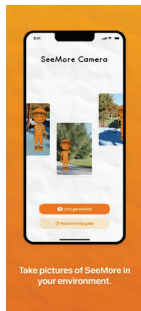
SeeMore Safety App

The SeeMore Safety App allows more families to take SeeMore on journey and record if the activity or scenario is safe, unsafe or if you are unsure. In the past SeeMore the plush character was shared amongst the class and some children waited a whole term before their chance to take SeeMore home. Now everyone can take a virtual SeeMore home and on holidays with them without waiting their turn come.

Free to download, with no hidden in app purchases. Thanks to Newcastle Permanent Charitable Foundation and Itty Bitty Apps for their contributions in making this app possible.



SeeMore Safety 4+
SeeMore Safety
K.I.D.S. Foundation
★★★★★ 5.0
Free



Proudly funded by
NEWCASTLE PERMANENT CHARITABLE FOUNDATION



Fundraising Opportunities

Did you know our 'Put Your Hand Up' campaign can support your preschool or early childhood service's fundraising efforts in 2023? Raising money for your children and for the important work of KIDS - it's a win win! Get in contact with our friendly staff to discuss how we can support each other. education@kidsfoundation.org.au



WILL YOU
PUT YOUR HAND UP?

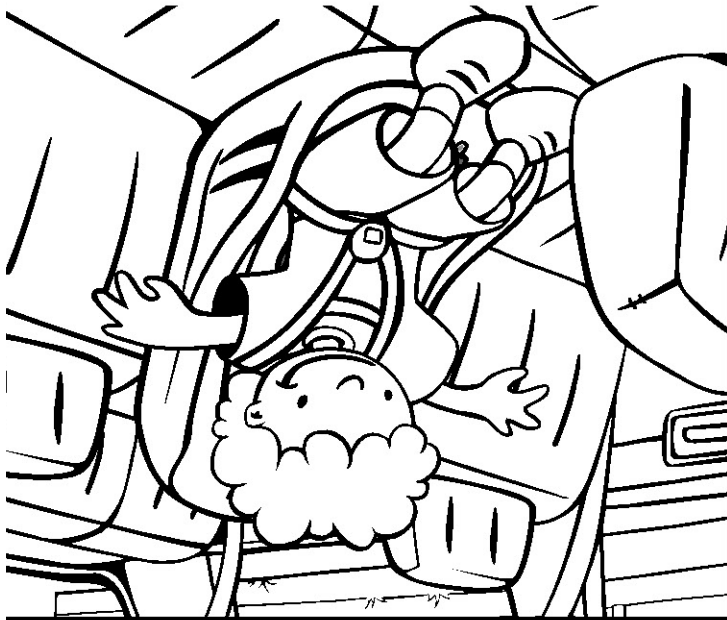




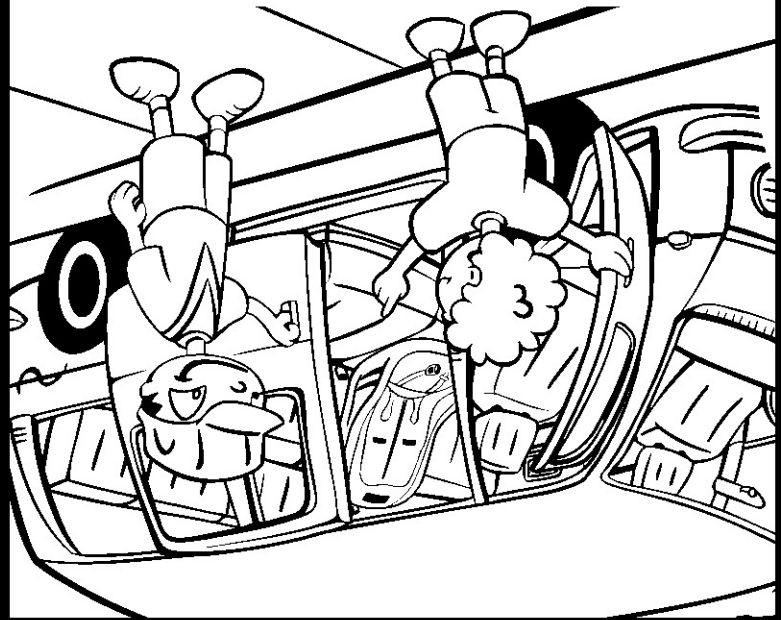
Cut along the dotted lines and fold to create your own SeeMore Safety in the Car mini book, then colour in the pictures.



Put on your seatbelt.

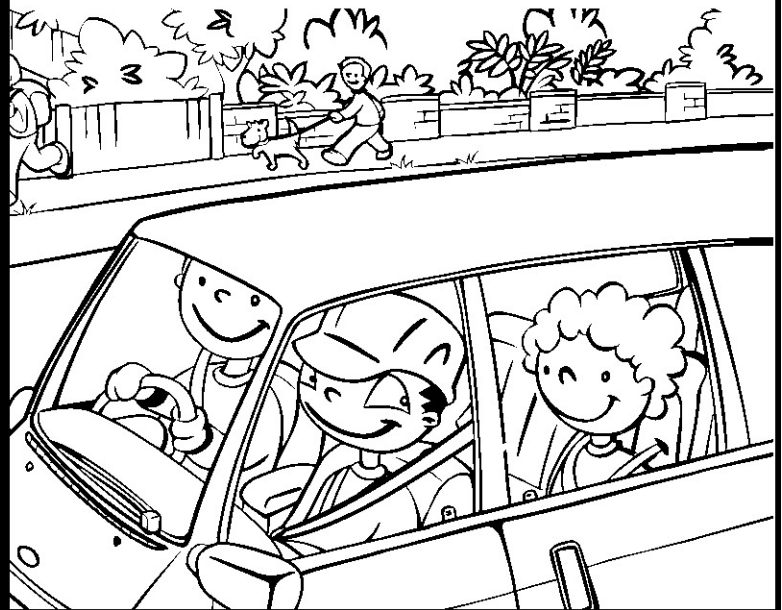
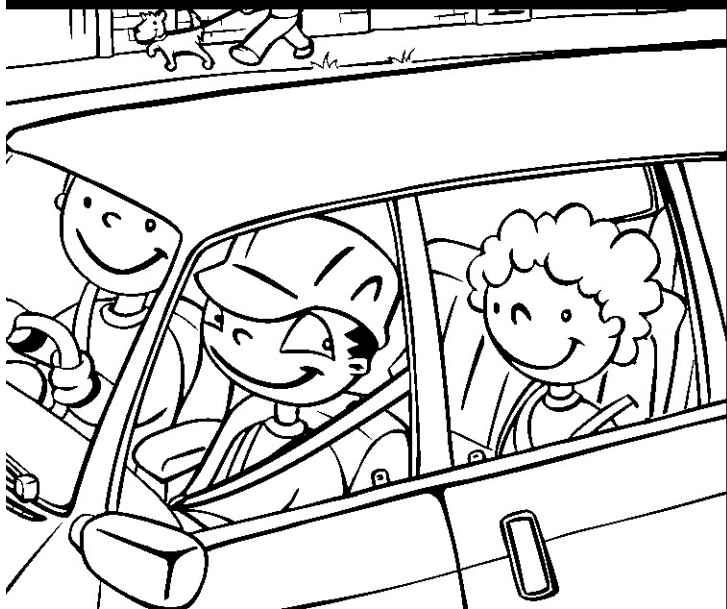


Find a seat that is just right for you.



SeeMore Safety in the Car

Sit quietly and don't distract the driver



“Remember to always buckle up”

Example:

