



# A successful start in the Kindergarten

## What are the requirements for someone

Which exercise areas can parents offer their child so that he or she can use the experiences gained in kindergarten as a foundation for the future?

## Dear Parents, Dear Interested Persons

It is important that children start their schooling with joy and ease. This topic lies close to my heart. If the child experiences the entry into kindergarten as positive, this is a significant advantage for the subsequent school career.

In over 50 workshops, and with more than 750 kindergarten teachers, it became clear which criteria lead to children making a good start in kindergarten and using the two kindergarten years optimally for their development.

I would like to pass on this wealth of experience to you, so that you can provide your child helpful support in advance and offer him or her the appropriate learning skills until entering Kindergarten and also later.

Kind Regards

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## Learning fields



### A) Learning

1. Curiosity is the driver / motivation for learning
2. Learning from self-experience
3. Children learn from role models
4. Children learn by playing
5. Children learn through repetition



### The 4 stages of learning

1. Unconscious incompetence
2. Conscious incompetence
3. Conscious competence
4. Unconscious competence



### B) Environment

1. The family strongly influences the child
2. Experiences in nature
3. Experiences in traffic
4. Experiences with other children
5. Experiences with strangers

# Learning fields



## C) Development

1. Each child evolves individually
2. Children strive for autonomy / independence
3. Create opportunities to try things out



## D) (Self)trust

1. In the family the child gains confidence
2. Trust in the child
3. Self-confidence emerges from trust



## E) Basic skills

1. Playing a lot outside and gain experience
2. Running and climbing
3. . Climbing stairs
4. Balancing, practicing equilibrium



## Learning fields



### F) Daily situations

1. As far as possible handle situations alone
2. Shopping together
3. Cooking and baking together
4. Assisting daily chores



### G) Experiences working with materials

1. In the nature (leaves, stones, water, sand ...)
2. With pens (coloured pencils, felt-tip pens, crayons ...)
3. With scissors, glue, adhesive tape
4. Craft experiences



### H) Independence

1. Washing your own hands
2. Going to the toilet alone
3. Brushing teeth and blowing one's nose
4. Tidying up toys on instruction
5. Dressing and undressing oneself
6. Eating independently

## Learning fields



### I) Play and creativity

1. Board, dice and card games
2. Painting and handicrafts
3. Building and designing
4. Kneading
5. Puzzle
6. Role plays



### J) Language

1. Talk to the child a lot, name /identify things
2. Ask questions to the child
3. Look at the picture book and describe it to each other
4. Tell stories or listen to them together



### K) Rules - limites - instructions

1. Establish family rules, these instructions give orientation
2. Follow rules
3. Be consistent in case of non-compliance
4. Giving tasks to the child (chores)
5. Give instructions and orders

# Learning fields



## L) Emotional competences

1. Emotional connection with the parents is very important
2. Physical contact with the child, laughing together
3. Allow and accept the expression of feelings
4. Exemplify how to deal with feelings
5. Allow the expression of frustration
6. Talk about the (entry to) Kindergarten



## M) Self competence

1. Encourage contact with other children
2. Concentrate on something
3. Allow and endure boredom
4. Tackle new things together
5. Wait: wishes should not be fulfilled immediately



## N) Social competence

1. Encourage contact with other children
2. Provide contact with grownups
3. Involve the child in conversations
4. When it makes sense, the child should have the possibility to make decisions
5. Provide experiences on the playground
6. Contact with other families and playgroups

# Learning fields



## O) Conflict behavior

1. Resolve conflict without violence
2. Exemplify resolving conflict with conversation
3. Ask the child about his or her desires
4. Look for solutions together



## P) Media consumption

1. No media consumption before the kindergarten
2. Not more than 30 mins per day
3. The parents are role models



## Q) Rituals

1. Constant processes provide security
2. Morning and evening rituals
3. Eating together
4. Regularly give the child some tasks/ chores