



Parents need to focus more concentration on the children's ability to play with others



Schools will expect you to have trained your child on the usage of a potty

Kindergarten is an exciting time of exploration for a child. Their sense of independence, self-reliance, and self-confidence increases. A parent ought to prepare the child for the first school journey

BY CONAN BUSINGE

Beginning kindergarten is a milestone for you and your child. But to have a great start, psychologists and teachers advise parents to prepare children for the new step in their lives.

Beatrice Nandawula, a counselling psychologist, says children learn more about social and communication skills than academics in kindergarten.

While preparing for nursery school, instead of drilling children with counting and reading the alphabet, she says, parents need to focus more concentration on the child's ability to co-operate, talk with and play with others.

Transition to school involves adjustment to new experiences

and expectations, socially and physically.

To cope and flourish in the new environment, children need to be taught certain skills, such as how to be independent.

"To test your child's readiness for the different setting, recall a time they were in a different setting from home, such as the Toto Festival.

How did the child cope while there? The more experiences children have before school, the better they will cope," Nandawula explains.

Shenotes that further that school means longer days for the child out of home.

Joseph Musoke, a child psychologist, says nursery schools usually desire to take on children who have attained a given level of skills.

"A good number of nursery

schools will expect you to have trained your child on the usage of a potty and calling for attention when in trouble. Your child should also be able to take care of some other basic needs, such as washing their hands after painting, and eating without assistance," Musoke says.

He warns that in case the child has been so much under the care of a babysitter, it is time you teach them to learn staying away from her. This is the same case, if a child is used to living with the parent.

"Children who are used to being away from their parents often bounce right into nursery school with hardly a backward glance," Musoke explains.

He says that in case your child has not had many opportunities to be away from

the parent, one can schedule a weekend away with their child and a grandparent, uncle or a family friend, to train the child.

He, however, says in case one still has trouble with separating with the child, they should not worry. Many

children leave their parents, and eventually learn to cope in a different environment without them.

How to prepare your child for kindergarten



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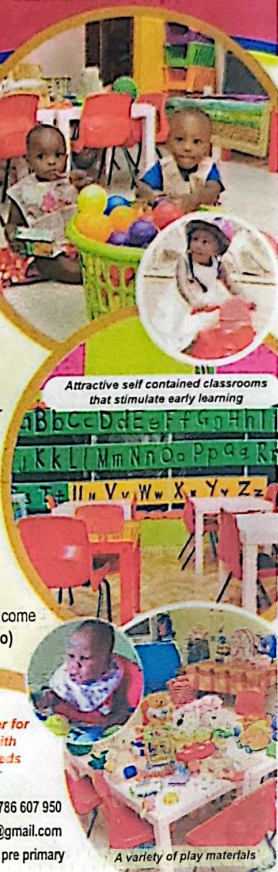
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