

## Skills for Confident and Capable Children at Kindy/Preschool.

The following life and learning skills assist children be more confident in themselves and their learning environment. Confident children understand they are capable of achieving and this assists them on their journey through Kindergarten/Preschool and onto school.

### Life Skills

Dress themselves	Toilet themselves
Feed themselves	Be friendly
Responsible for own belongings	Be respectful of others
Accept consequences of own actions	Comply with rules
Communicate/interact with other children and adults	

### Learning Skills

Think for themselves	Problem solve
Be independent	Engage in purposeful play
Follow routines	Respond to adults
Be able to share	Comply with direction (when required)

Children will develop these skills at different rates and they will continue to develop throughout the Kindy/Preschool year and beyond.

### At home encourage your child to:

Toilet without assistance	Dress themselves every day
Tidy their own room and play spaces	Clear their plates after meals
Put away their hat, shoes etc. after play	Know their own things: Lunch box, drink bottle, hat, bag

Children being in charge and control of their personal belongings, being confident with toileting, feeding and dressing themselves is very important for personal growth and development. If such expectations begin at home, before the Kindy/Preschool year, the start of the year will be less stressful for your child. If children understand that they are responsible for their own actions and possessions, it moves them towards independence and self-confidence...**a great start for a happy year, full of fun and learning!**