

Social Work Office in Wiesbaden,  
Daycare Department,  
Specialist Unit for Transition from Daycare to Primary School

in cooperation with the  
  
State Education Authority for  
Rheingau-Taunus and the City of Wiesbaden

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## Dear parents,

Your child will be starting primary school after the summer holidays.

Their first day at school will be an important step for you and your child.

Most children look forward to this new chapter in their lives and manage the transition very well. You can guide and support your child through the process. You can find a few helpful ideas and suggestions on the following pages.

Your child will be guided and supported by their pre-school teachers right from the start. If you have any questions, you can always contact your child's pre-school teacher.

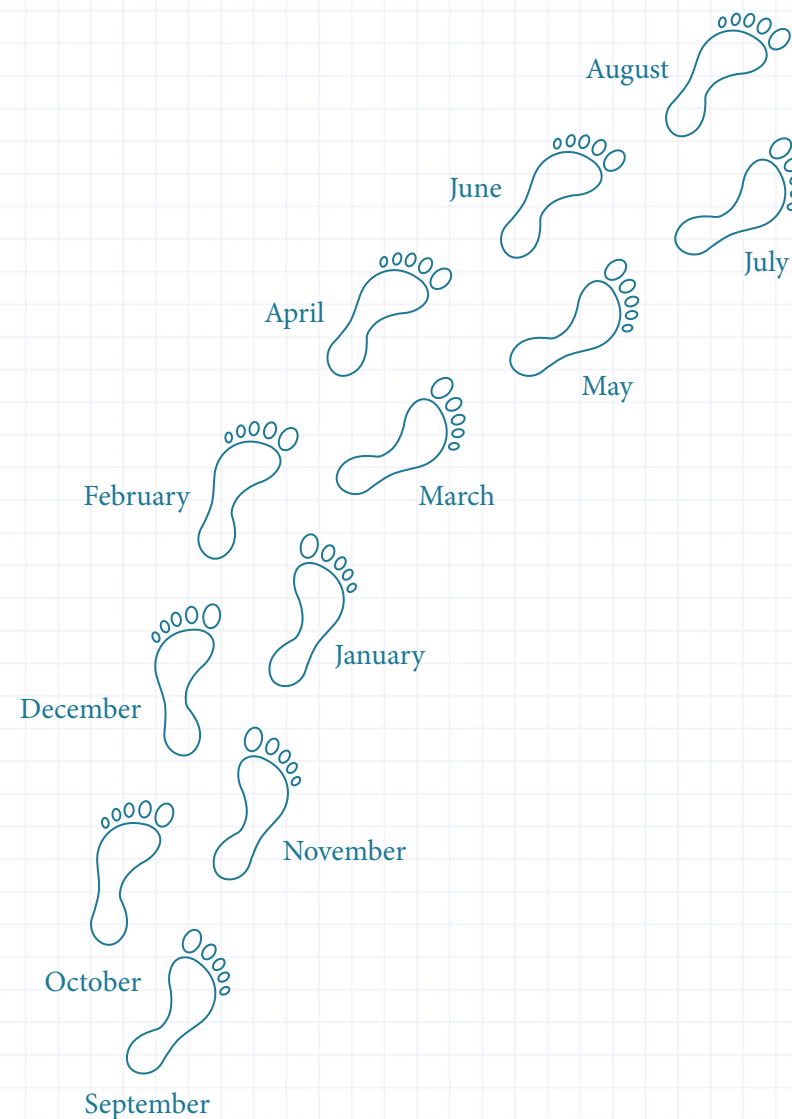
Last but not least, we would particularly like to encourage you to have confidence in your child as they grow up. Give them the support and freedom they need to explore and discover the world around them and develop as well as possible.

The aim of this booklet is to:

- ▶ prepare your child for school
- ▶ suggest conversation topics with your child
- ▶ give you helpful ideas as a parent

We hope you and your child enjoy using this booklet and make a great start at school!

How long is it before you start school?  
You can colour in a foot for each month.



## Sequence of events until your child's first day at school

	Day-care centre	Primary school	After-school club	School medical service
February/March (18 months before start of school)	A small information sheet is handed out and discussed with parents	→	→	→
April		Children are enrolled at primary school (assessment of language skills)	Remember to register your child for after-school club as well	
During the year before school	Joint projects are carried out with future schoolchildren	Parents are given more information (e.g. letters, parents' evening)	→	Children are introduced to the school medical service run by the local Health Authority
February/March (6 months before start of school)	A school transition sheet is handed out and discussed with parents	→	→	Children are introduced to the school medical service run by the local Health Authority
March to June (3 months before start of school)		primary schools assess whether children are ready to start school		Children are introduced to the school medical service run by the local Health Authority
August / September		Start of school	Start of after-school club	
January / February	←	Re-registration form		

### Dear pre-schooler,

You are nearly big enough to go to school!

You might be looking forward to it. You might be a little nervous about all the new things you are going to learn.

Or you might just be really relaxed and thinking: "I can do it!".

You might even be feeling a mixture of all these things.

But I'll let you in on a secret... No matter whether you are feeling happy, excited, scared, curious or relaxed – your teachers can't wait to meet you!

This little booklet has lots of pages just for you, so that you don't have to wait too long to start school. You can show us:

- ▶ what is important to you
- ▶ what you enjoy and
- ▶ what you are really good at

If you are not sure what to do, you can ask your family for help.

We hope you have lots of fun with this booklet and make an awesome start to your time at school!



## The "Wiesbaden Agreement"

The aim of the "Wiesbaden Agreement" is to support the cooperation between day-care centres, primary schools and after-school clubs with a focus on this important transition, as presented in the Hessian Educational Plan for Children Aged 0 to 10.

The region's day-care centres, primary schools and after-school clubs have formed networks and consider the following question together:

**How can parents and their children get the most out of schools and after-school clubs?**

In addition to holding regular discussions about the children, they plan various activities together.

For Example:

- ▶ Joint projects for future schoolchildren
- ▶ Joint parents' evenings

Each network organises its activities according to the local situation.

More information:

<https://du-gehoerst-zu-uns.de/>



Before starting school,  
I really want to ...

## Will your child be going to after-school club?

Talk to your child about it and prepare them for this transition as well.

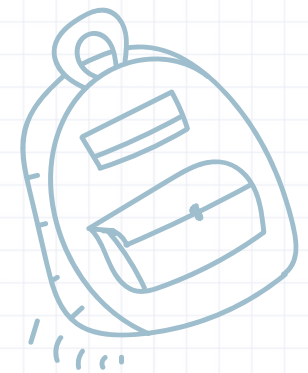
“When school is finished, you’ll be going to after-school club. You can have some lunch there. You will do your homework together. And there will be lots of fun and games”.

## ... and one more thing:

This booklet is not a training programme. The most important thing is that your child enjoys learning. You can rest assured the school will offer your child the best possible support with their transition. Give yourself and your child time to make a good start at school.



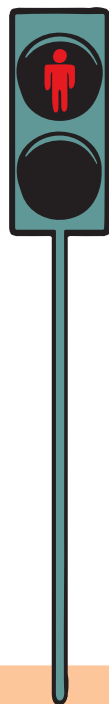
Here is a picture of me with my satchel:



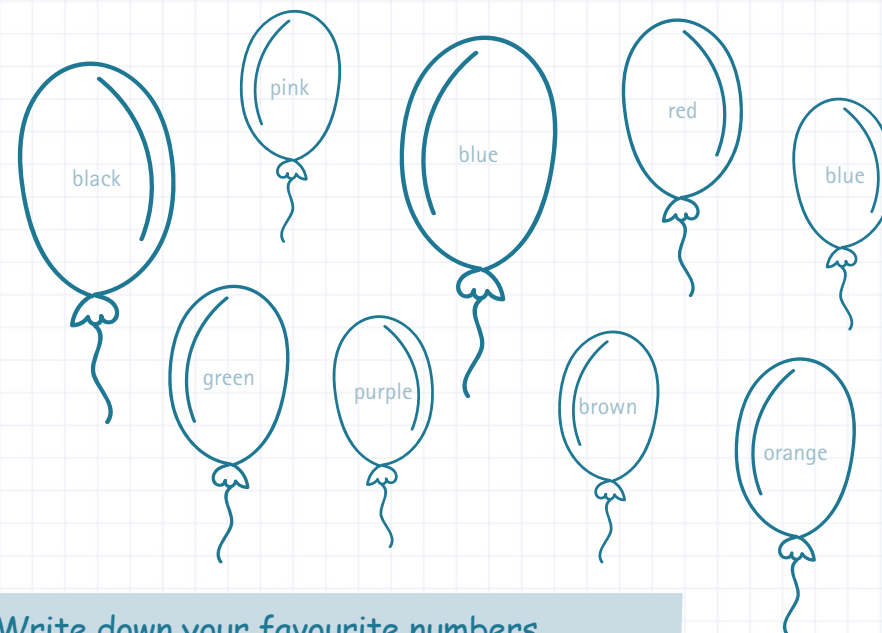
## Your child's first day at school is just a few weeks away

### Getting your child ready for school

- ▶ Talk to your child about going to school.  
"What are you looking forward to the most?"  
"Are you nervous about anything?"
- ▶ Encourage your child and let them know they can do it.
- ▶ Make a school cone with your child or decorate a ready-made one.
- ▶ Walk to school with your child beforehand.  
What does the school look like? What will they be able to explore there?
- ▶ Practise walking to school with your child and think about the following together: How do I get to school safely? What do I have to look out for?



Colour in the balloons in the right colours.



Write down your favourite numbers.  
Your writing can be really big or teeny tiny.

## Colours:

- ▶ Does your child know the colours?

Make a game out of it! For example:

Look for 5 yellow things together at home.

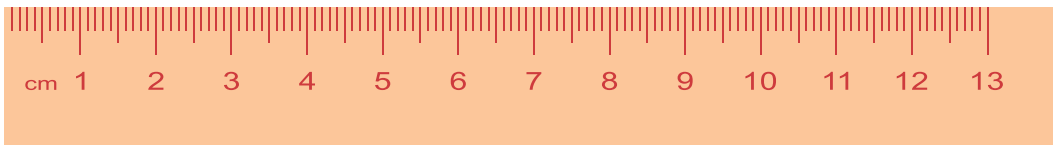
Who found everything first?

## Mathematics:

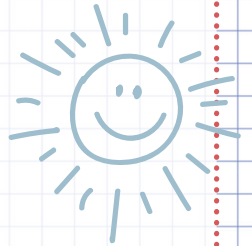
Let your child playfully discover numbers, quantities and lengths in their everyday life. For example:

- ▶ Count as you climb the stairs.
- ▶ Count how many children are sitting in the sandpit.
- ▶ How many plates do we need for lunch?
- ▶ Would you like the longer or shorter piece of sausage?
- ▶ Are there more red or black cars on the car park?
- ▶ How tall are you? How tall is mum or dad?

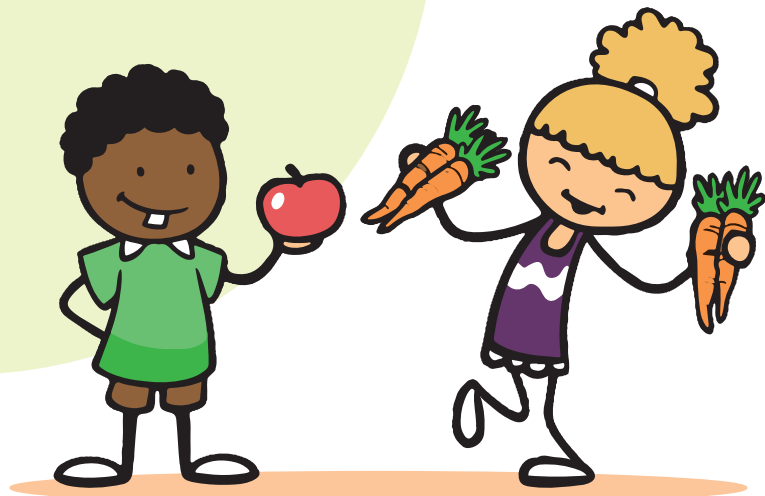
## How long is...?



I am looking forward to school because:



What I will miss about nursery:

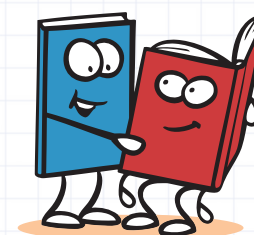


### My satchel

- ▶ Buy things for school with your child.
- ▶ Let your child try on their satchel.  
Does it fit? Does your child like it?
- ▶ Ask your child the following question:  
What goes in your satchel?
- ▶ Let your child pack their own satchel. This way, your child will learn to take responsibility and will be able to find everything on their own.
- ▶ What should you pack as a healthy morning snack?  
You can find tips here <https://du-gehoerst-zu-uns.de>

What does the hero or heroine look like in your favourite book?

You probably already know quite a few letters and words. Write them here.







### Language:

- ▶ Talk to your child in your native language.
- ▶ Tell each other stories.
- ▶ Read to your child.  
This will improve their comprehension.
- ▶ Be a good role model and read in the presence of your child.

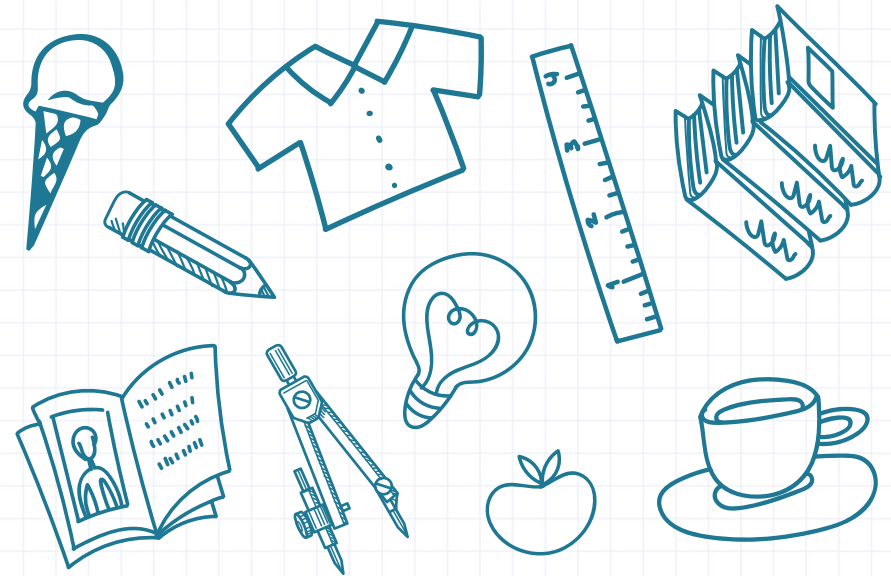
### Writing:

- ▶ If your child shows an interest, show them how to write a few block letters.
- ▶ Only say the sound made by the letters.

Some children do not want to write just yet – and that is perfectly fine.

Imagine the coolest school cone in the world.  
What would it look like?

What do you think goes in your satchel?  
Colour in the pictures:



## Independence

- ▶ Involve your child when making decisions.
- ▶ Ask your child for their opinion:  
What do you think about?
- ▶ Help your child to make and implement their own decisions.
- ▶ Let your child help you out with everyday things such as setting the table, vacuum cleaning and hanging out the laundry.
- ▶ Let your child pack their own things for nursery or trips to the swimming pool. Only help them when necessary.
- ▶ Your child would like to draw or make something:  
Let them get everything they need themselves and help them tidy up afterwards.
- ▶ Encourage your child to get dressed on their own and tie their own shoelaces.
- ▶ Let your child do things on their own.  
For example: Let your child buy something at the bakery on their own while you wait by the door.
- ▶ Let your child paint, cut, glue, make things, thread beads, build Lego and lots more.  
This will develop their fine motor skills and make it easier for them to learn how to write.



The children have fallen out. I bet you know how they can make up!

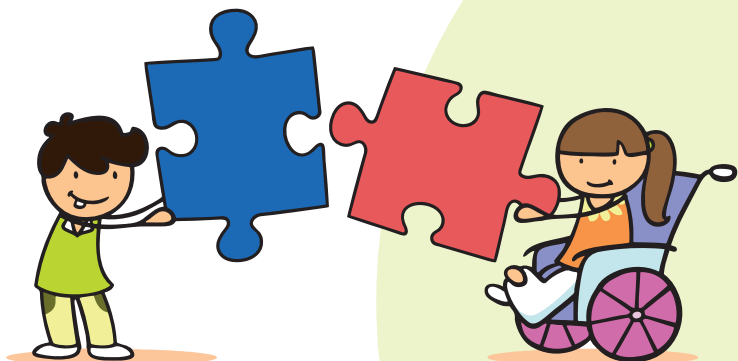


## Social skills:

- ▶ Finish something you have started even if your child demands your attention, then give your child all the attention they need.
- ▶ Children find many things very tempting. Make sure your child knows the difference between MINE, YOURS and OURS.

**For example:** When visiting the playground, ask your child to look after their sand moulds and to collect everything before going home.

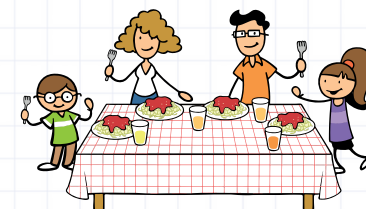
- ▶ If your child wants something, they can and should ask first.
- ▶ Encourage your child to share things with others if they are willing to do so.
- ▶ Encourage your child to say NO or STOP if they don't want something. This way, they will be able to set boundaries for other children and adults.



## What I am good at:



## How I help my parents:





### Concentration:

- ▶ Try to stay focused on one thing with your child (e.g. read to them for 10 minutes or play something together). If this is too easy for your child, you can do it for longer.
- ▶ Help your child to stick at something – even if it proves difficult. Encourage them to keep at it.
- ▶ Play "Ludo" or other games with your child. This is a really fun way to teach your child to concentrate and deal with frustration.

### Exercise and relaxation:

- ▶ Go outside with your child and encourage them to move around where possible (e.g. running, jumping, climbing, crawling, swinging).
- ▶ If your child enjoys a particular sport, you should register them at a local club.
- ▶ You should also make sure your child has time to relax during the day (e.g. when looking at a picture book or just doing nothing at all).

What is your favourite game or toy at home?  
And who do you like to play with?

What is your favourite thing to do  
at the playground?

