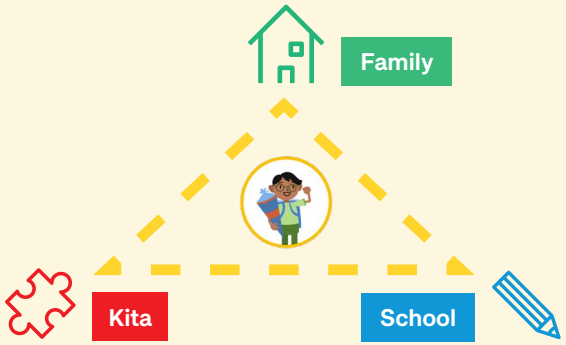
Parents know their child best



- Parents can support their child in many ways
- Parents can help their child by spending time with them
- Parents can help their child by talking to them a lot

This QR code take you to the page:
How can I help my child get ready to start school?

Information for parents/guardians of children aged 4 to 6.

Contact

Regional Education Office
regionalesbildungsbuero@stadt-koeln.de

Stadt Köln
Der Oberbürgermeister

Amt für Schulentwicklung
Amt für Presse- und Öffentlichkeitsarbeit

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Stadt Köln

Preparing for school

Information for parents and guardians of children our years old

Regionale Bildungsnetzwerke
Nordrhein-Westfalen

Cologne Education Office

Tips to help your child

- Attending a nursery or daycare
- Getting enough sleep (11 – 12 hours)
- A healthy diet (plenty of vegetables and fruit, less sugar)
- Limited screen time: up to 30 minutes a day (minimal TV, tablet and phone use)
- Listening to stories (read aloud or audio series)
- Plenty of exercise (ball games, going to the playground or for a walk in the woods)

Encourage and praise your child!

The journey starts at home

- Growing independence: getting dressed and undressed by themselves, going to the toilet, tying their shoelaces
- Pen and scissors skills: colouring in pictures, cutting out shapes with scissors
- Listening skills: listening to others or stories read aloud
- Speaking skills: telling stories and expressing themselves
- Exploring nature: getting to know plants and animals outdoors
- Discovering letters and numbers: counting in everyday life, playing dice games, spotting letters and numbers in their surroundings
- Route to school: once you know which school your child will attend, try out the route to school and practise it

Your nursery or daycare centre (Kita) would be happy to offer further tips to help you and your child.

Doing things together

- Spending time together
- Shopping and cooking together
- Setting the table and eating together
- Playing, doing crafts and building things together (for example with Lego or building blocks)
- Looking at picture books and talking about them together, ideally in the family language
- Singing together, ideally in the family language
- Spending time at the playground or going for a walk in the woods)

Share your child's joy over what they can already do.