

- Prepare your child for the changes ahead using a calendar to show him that there will be no kindergarten in the coming weeks. Social stories can also help prepare for changes.
- Organise your kindy holiday plans well ahead.
- Ask the teacher and kindy staff about holiday programs and activities in the area.
- Check with the kindy staff which activities your child likes to do at kindy and organise some of these at home, e.g. dough or painting.
- Visit the toy library and stock up ahead.
- Make a list of possible places to go, eg new playgrounds, investigate some new places
- Ask the kindy if you can use the yard during the break.
- Plan something for each day, e.g. a walk or a visit, so you all get a change of scenery.
- Plan short activities with regular changes according to your child's ability to cope eg just 1 hour at a park or shopping may be more realistic than half a day.
- Plan some quiet and some active periods.
- Warn your child about changes e.g. use pictures, Compics, timetables and social stories to explain so the child knows what is coming up.
- Make yourself a list of possible activities to refer to - include simple things like pasting, videos, music tapes, simple cooking activities, water play.
- Have a box of new or special activities put away to get out as needed, e.g. scissors, magazines, letters, numbers, musical toys. Prepare a sensory box or treasure box.
- Don't forget to comment on and reward appropriate behaviours - not just react to troublesome behaviour.
- Book ahead for extra respite services.
- Plan some outings with friends / family.
- Call in any offers of baby-sitting from family / friends.
- Swap child minding with friends.
- Book some separate activities or outings for the other children in the family.
- Try to plan a little time off for yourself too!