



# Supporting the Transition to School Video Series *For Parents and Carers*

**Watch this video series to learn practical ways to support your child as they prepare for and throughout kindergarten!**

The video series covers important skills to assist with a smooth transition to school including:

- Movement skills (fine and gross motor skills)
- Self-management skills (emotional regulation)
- Interpersonal skills (communication skills)



**Watch now!** [www.nslhd.health.nsw.gov.au/HealthPromotion](http://www.nslhd.health.nsw.gov.au/HealthPromotion)

Scan the QR Code

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