

# TIPS FOR SCHOOL STARTERS



Bild: Julia Ferrer Vilchez

**ENGLISCH**



Responsible for the content:

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Digital version (pdf) at:

<https://integration.wuppertal.de/familie-und-kinder/familie-bildung-und-erziehung/integration-und-bildung.php>



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## Content

1. FOREWORD	4
2. BEING IN MOTION – THE BASIS FOR LEARNING	6
3. HAND TRAINING	8
4. BECOMING INDEPENDENT	10
5. BEING WITH OTHER CHILDREN	12
6. HEALTHY NUTRITION	14
7. READING ALOUD, TELLING STORIES AND PLAYING WITH LANGUAGE	16
8. SPEAKING SEVERAL LANGUAGES	18
9. MAKING MUSIC, PLAYING WITH SOUNDS	20
10. DISCOVERING MATH IN EVERYDAY LIFE	22
11. EXPERIMENT AND MARVEL	24
12. EXPLORE AND PROTECT NATURE	26
13. DEALING WITH MEDIA	28
14. PRE-SCHOOL MEDICAL EXAMINATION	31
15. DO YOU NEED SUPPORT?	32
COPYRIGHTS	34



## 1. FOREWORD

Dear parents and guardians,

Soon your child will be starting school and a very special time is about to begin. As parents, there are plenty of things you can do to ensure that your child is well prepared when they start school.

You will find ideas and suggestions in this booklet that you can use easily and without much effort. The suggestions provide you with many opportunities to support your child in everyday life that you might not have realised are important for the start of school.

Which ideas would you like to try out with your child?

I wish you and your child lots of fun, an exciting time until school starts and a wonderful time at school.

Arlin Çakal-Rasch

Head of the Municipal Integration Centre





## 2. BEING IN MOTION – THE BASIS FOR LEARNING

Movement facilitates learning. If your child enjoys moving a lot, he/she will be able to learn better. The fine movements involved in writing will also be easier. There are many opportunities for movement in everyday life.

### Ideas:

- Take your child outside: to a park, to the forest or to a playground. There they can run, climb, play ball and much more. Finding beautiful green spaces or playgrounds is easy with the WSW Tal.App.

[https://www.wuppertal.de/microsite/jugend\\_freizeit/spielplaetze/index.php](https://www.wuppertal.de/microsite/jugend_freizeit/spielplaetze/index.php)



- At home, your child can play with cushions, mattresses and other things. They are great for doing gymnastics and jumping on.
- Your child should spend as much time as possible playing with other children.

- Riding a bike or scooter is fun. For example, your child can practise keeping their balance.



- Go to the swimming pool with your child. It is good if your child enjoys being in the water. Your child can learn to swim in a swimming course.

[www.wuppertal.de/tourismus-freizeit/baeder/](http://www.wuppertal.de/tourismus-freizeit/baeder/)

- You are your child's most important role model. Therefore: Move a lot yourself!

Trust in your child's abilities! Movement helps your child learn what they can do and what they still need to practise.





### 3. HAND TRAINING

Your child needs dexterous hands for writing and crafts at school. This is how you can develop dexterity in everyday life and play.

#### Ideas:

##### In the kitchen

- Cook together with your child. Your child can cut vegetables, knead dough and wash plates. This is fun and improves dexterity.

##### Handicrafts

- Create a regular place for your child to do handicrafts. There your child can paint, knead and cut paper, for example. They can also make things with wood and leaves from the forest.



### Play

- There are several games that develop the dexterity of the fingers. For example:  
Puzzle, Mikado, wooden blocks, beads, marble run, Lego®.



Make sure that your child holds the pencil correctly when drawing, no matter which hand is used.



## 4. BECOMING INDEPENDENT

Can your child already do many things on their own? This will make your child feel more confident at school. Independent children learn better and are more self-confident.

Therefore, always ask yourself: What can my child do on their own?  
What do I have to provide assistance with?

### Ideas:

- Help your child practice getting dressed and undressed. For example, shoes, jackets and sportswear.
- Ask your child: What task they would like to do at home? Setting the table, for example. Has your child completed their task? If so, don't forget to praise him or her.



- Your child should be able to use the restroom alone. He/she should be able to wash their hands on their own.

- Help your child pack their school bag at first. In time, your child will be able to pack their bag on their own.
- Show your child the way to school at an early age. Also take a look at the surroundings together.



Starting school means big changes for the entire family. Your child may feel insecure during the first few weeks. Be patient in this case.

Reassure your child by frequently saying: "YOU CAN DO IT!"



## 5. BEING WITH OTHER CHILDREN

Spending time with other children is good for your child when starting school. They play, eat and draw. They argue and make up. They romp and rest.

### Ideas:

- Bring your child to the day care centre regularly.
- Invite your child's friends to play with them. Your child should also visit other children.
- Teach your child how to play board games. Your child will learn to win and lose. And your child will also learn to follow the rules.



- Sport, dance and music are especially fun in a group. Clubs and music schools have many programmes for children:

[https://www.wuppertal.de/microsite/jugend\\_freizeit/jugendsport/index.php](https://www.wuppertal.de/microsite/jugend_freizeit/jugendsport/index.php)

[https://www.wuppertal.de/microsite/jugend\\_freizeit/jugendbildung/](https://www.wuppertal.de/microsite/jugend_freizeit/jugendbildung/)

- Take part in events for families. The Nature and Environment Station has offers for children and families:

[www.stnu.de](http://www.stnu.de)





## 6. HEALTHY NUTRITION

Healthy nutrition is important.

This way your child can grow and learn well. There are some types of foods your child should eat often. There are other types of foods your child should eat rarely. The Federal Centre for Health Education offers some suggestions:

### **This is what children should eat and drink frequently:**

- Fruit, vegetables, potatoes, pasta, rice and bread.
- Water, tea without sugar

### **What children should eat in moderation:**

- Milk, cheese, meat, sausage, eggs, fish

### **What children should eat in moderation:**

- Butter, oil, cream, sweets, salty snacks.

### **These are some of the things that children should not eat often**

- Fast food (chips, burgers, pizza, . . .)
- Sweet drinks (lemonade, fruit juices, . . .)



## Ideas:

- Take time to eat with your child.  
Spending this time together is important for your family.  
Your child will learn a lot:  
How do I hold a knife and fork properly?  
When do I start eating? When am I allowed to leave the table?
- Plan your meals together. For example, you can suggest two dishes.  
This gives your child the opportunity to choose one of them.
- Prepare the food together with your child. They will learn a lot about food. When cutting, your child can also practise using his or her hands with greater dexterity.
- Let your child decide how much to eat. Children are good at judging when they are full. Trust your child's intuition.
- Children think positively about food and drink. They like to try things out. Offer your child a variety of food.
- Products for children are often unhealthy. Pay attention to the sugar and fat content on the packaging.
- Be a role model for your child when shopping and eating.



## 7. READING ALOUD, TELLING STORIES AND PLAYING WITH LANGUAGE

Reading aloud is important! Your child learns new words and phrases. This will help your child learn to read and write. Your child learns a lot about the world through books and stories. Reading aloud and storytelling should therefore be part of every family's daily routine.

### Ideas:

- Look at picture books with your child. Talk about the pictures. For example, ask: What do you see in the picture?
- Look for words that rhyme. For example, house – mouse.
- Ask your child which book you should read aloud.
- Read aloud using an exciting voice. Change your voice: The bear has a low voice and growls. The mouse whispers. The snake hisses.
- Always start reading time at a certain time of the day. For example, before going to bed. Enjoy the closeness to your child.



### Reading parents are role models for their children!

- Take your child to the library.
- Play with language on long journeys in the car or on the train. Your child can collect words, for example: Which animals live in the water? Which animals live in the air?
- Describe an animal and have your child guess it. For example: I know an animal that has a long trunk. Your child can also describe animals and you guess.
- Tell the beginning of a story. Let your child find out which story it is. Or let your child continue the story.
- Play with your child: "I see something you don't see and it's blue. What is it?" Your child looks for the object.
- Show your child letters, writing and symbols outside. Your child can spot license plates, signs, logos or names.



## 8. SPEAKING SEVERAL LANGUAGES

Many children in Germany grow up speaking several languages. These different languages are a great asset to our society.

Do you (often) speak a language other than German at home?

Then support your child in learning your family language! Because:

Your child can learn your family language and German.

It is important that your child speaks both languages in everyday life.

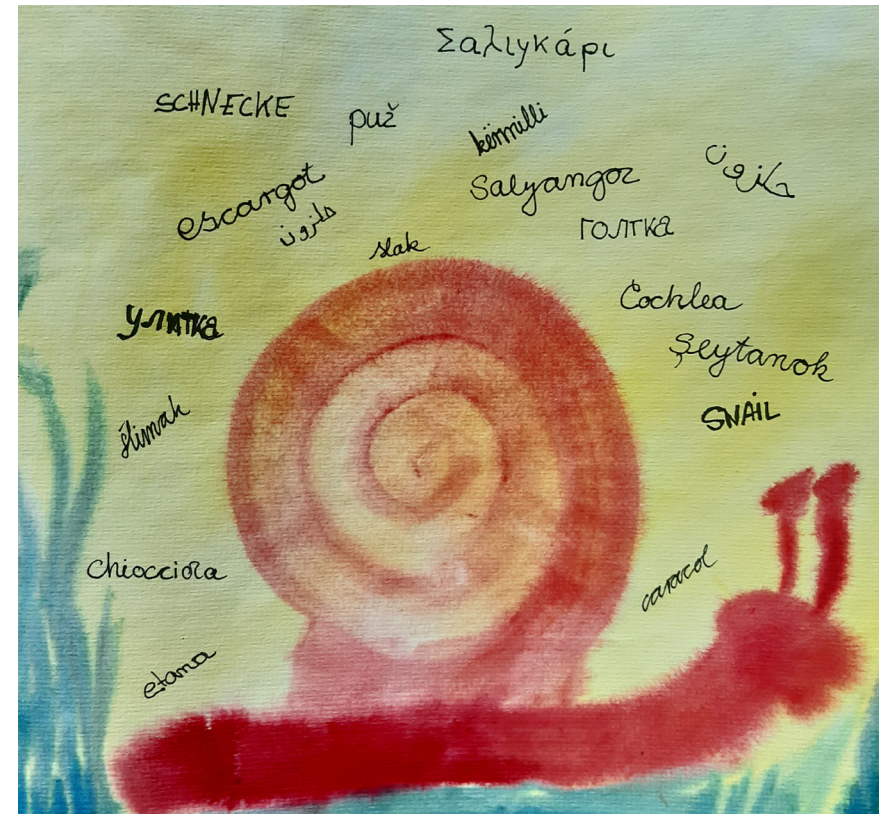
### Ideas:

- You are your child's most important role model. Also with the language. Talk a lot with your child. The more words your child uses, the better he or she can understand the world.
- Support your child's interest in your family language: Tell children's stories and recite rhymes with your child. Sing songs from your own childhood together.
- Books and audio plays in your language can be borrowed free of charge from the library:

<https://www.wuppertal.de/microsite/stadtbibliothek/bildungsangebote/kinder-und-jugendliche.php>



When registering at school, ask whether there are language classes in your mother-tongue (language of origin classes).



You can find advice on lessons in your language of origin here:

The City of Wuppertal – Municipal Integration Centre

[hsu@stadt.wuppertal.de](mailto:hsu@stadt.wuppertal.de)

Telephone: 0202 563-2098



## 9. MAKING MUSIC, PLAYING WITH SOUNDS

Children love music. They dance as soon as they hear music. They try out everything that makes noises or sounds. Music helps your child develop. Children who sing learn to speak more easily. Those who dance can move better. And music is even more fun when you play it together with other children.

### Ideas:

- Sing songs with your child. Memorise nursery rhymes.
- Do you celebrate festive holidays? Sing traditional songs to go with it.
- Pots, glasses and table tops sound wonderful!

Let your child try out sounds. Even if it is sometimes exhausting for you.



- Make your own instruments with your child. Fill old cans and cups with buttons or rice, for example.
- Listen together with your child to the sounds in everyday life. What do you hear in the outdoors? What do you hear on the street? What do you hear in the house?
- Listen to different kinds of music with your child. For example, children's songs, pop music or classical music.



- Music schools and dance schools offer courses for children. Sports clubs also offer dance classes.

Here, for example: <https://www.wuppertal.de/bergische-musikschule>

## 10. DISCOVERING MATH IN EVERYDAY LIFE

Arithmetic is everywhere. You can find numbers, shapes and measures in everyday life. You can inspire your child with games.

### Ideas:

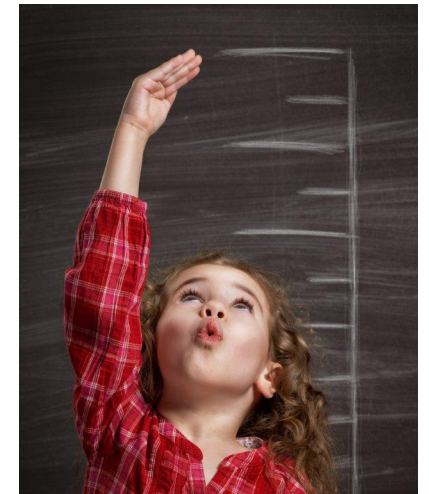
- Count together with your child. For example: Pieces of fruit on a plate, marbles in a glass or bottles in a box.
- Look for numbers with your child. For example: House numbers, car signs or price tags.
- Play card games with numbers, dominoes and dice games.
- Make your child aware of the time. Show him the big hand, the small hand and the numbers.
- Tell your child what time it is. For example, when you go to the nursery or when your child goes to bed.
- Talk to your child about the days of the week. Tell your child what you plan to do together on which day of the week.



- Involve your child in the kitchen. Let your child measure or weigh flour and sugar with a measuring cup.



- Ask your child to compare things.  
For example:  
Find the longest stick.  
Find the tallest house.  
Find the smallest tomato.
- Have your child look for objects by sizes, colours and shapes.  
What things are round?  
What things have three corners?  
What things have four corners?
- Play with your child in the sandbox.  
Let your child put sand or water into buckets of different sizes.





## 11. EXPERIMENT AND MARVEL

Children are curious. They want to discover and understand the world. You can help your child do this. We discover science at home and in the outdoors.

### Ideas:

#### At home

- Bake a cake together. Choose a recipe with yeast dough. Show your child the yeast before baking. Observe together what happens to the yeast in the dough.
- Fill water into a large glass bowl. Let your child put different things in the water. For instance, coins, stones, marbles, pieces of wood or ice cubes. Observe with your child: What floats on the water? What sinks?
- Build a tower out of wooden blocks or boxes. Let your child try it out: How do I build a tall tower without it falling over?



- Practise with your child how to use technical devices. For example, the Hoover or the music system.
- Is the Hoover broken? Then try to find out why together with your child. Is the vacuum bag full? Is the pipe blocked?

#### Outside

- Make a kite with your child. Fly it together. Observe: How do I have to move the kite to make it fly? What role does the wind play?
- Is there a stream near you? Build a dam with your child. Let them observe what happens. What is a good material to build a dam with? Does water still flow through the dam? Why?

In libraries you will find many books, audio plays and films on the subject of experiments in everyday life.

There are also suitable television programmes. For example: Die Sendung mit der Maus, Löwenzahn, Wissen macht Ah!, Checker Tobi.



The Junior University offers courses on this topic.

[www.junioruni-wuppertal.de](http://www.junioruni-wuppertal.de)

Why can't you see-saw on your own?



## 12. EXPLORE AND PROTECT NATURE

Take your child on outings to the park or forest. This will help your child learn about nature.

These outings help your child to be considerate of animals and the environment. This way, your child learns more and more to respect their surroundings.

### Ideas:

- You can discover a lot in nature. Take a walk with your child. Show him trees, flowers and animals.
- Talk to your child about the seasons. How does nature change in spring or autumn?
- Choose a tree with your child. Look at the tree every few weeks: What changes? What happens to the leaves? Are there fruits hanging on the tree? How does the bark feel?
- Let your child assume responsibility. It can take care of a plant at your home.
- Help your child to distinguish between edible and non-edible plants. For example, plant cress. Watch with your child how the cress grows. Later you can harvest the cress. It tastes good in soups and on bread, for example.



- On a trip to the zoo, your child can learn about different animals, feed them and touch them.



<http://www.jugendfarm-wuppertal.de>

- Show your child where milk and eggs come from. Visit a farm or a cow pasture together.
- Teach your child to be considerate of nature. Show your child how to avoid waste. For example, take a bag with you when you go shopping.
- Explain why you shouldn't litter. The waste belongs in the waste bin.
- You can also exercise environmental protection at home. For example: Talk to your child about things like: Which rubbish has to go in which bin? Explain to him that there is not an infinite amount of water. Turn off the water when you brush your teeth.

### 13. DEALING WITH MEDIA

Children today grow up surrounded by a lot of media. For example, computers, smartphones and tablets. They love what they can do with them. Accompany your child when they use these media. Television and smartphones should be alternated with other games and exercise.

#### Ideas:

- At pre-school age, children like to watch short films on TV. Choose a short film with your child. You can use [www.flimmo.de](http://www.flimmo.de) for example. Make sure you know what age the film is approved for. This is often indicated by the abbreviation "FSK".
- Watch the film together with your child. Talk to them about the content. Would your child like to draw a picture to go with the film? This will help them to process the content.
- Decide how long your child is allowed to use media. You can set the time together on an egg timer. Your child should not watch more than 30 minutes of television a day.
- Your child can listen to radio plays, audio books and children's songs alone. However, you should be close by. You should know what your child is listening to. You can borrow audio plays from the library.
- Does your child have a question? Help your child find an answer. A search engine for children can also help, for example [www.fragfinn.de](http://www.fragfinn.de).



- Your child can play games on a console or smartphone. To do this, switch off the internet on the device. Make sure that the game is approved for your child's age. Stay with your child. Stop the game if your child becomes restless.
- Let your child take photos and film themselves. Later, your child can tell you what he or she experienced. This keeps the memories alive.

You can read about these tips in detail on the Internet:

[www.schau-hin.info](http://www.schau-hin.info)



**You can find more tips, for example, at:**

<https://wir-machen-kinderseiten.de/wiki/klick-tippsnet-empfehlungsdienst-fuer-gute-kinderseiten-und-kinder-apps>

[www.klicksafe.de](http://www.klicksafe.de)

**Search engines for children:**

[www.blinde-kuh.de](http://www.blinde-kuh.de)

[www.fragfinn.de](http://www.fragfinn.de)

**On the subject of television:**

[www.kinderfilmwelt.de](http://www.kinderfilmwelt.de)

[www.flimmo.de](http://www.flimmo.de)

[www.tivi.de](http://www.tivi.de)

[www.checkeins.de](http://www.checkeins.de)

[www.kika.de](http://www.kika.de)



## 14. PRE-SCHOOL MEDICAL EXAMINATION



Before your child starts school, they will undergo a pre-school medical examination. This is required by law and is compulsory for every child. The examination is carried out by doctors from the Public Health Department. You will automatically receive the invitation to the pre-school

medical examination by post. It will arrive in August or, at the latest, by the summer holidays of the year in which your child starts school. During the examination we will ascertain how your child is doing and how they are developing: Are they ready to attend school? We will also assess whether your child requires any special support to get off to a good start at school.

### Wuppertal Public Health Department

Child and Adolescent Health Services (305.3)

Willy-Brandt-Platz 19

42105 Wuppertal



Website:  
Einschulungsuntersuchung

### Availability by telephone

Monday–Thursday 8.00 am–3.00 pm

Friday 8.00 am–1.00 pm

Telephone: 0202 563-8008

Email: [einschulungsuntersuchung@stadt.wuppertal.de](mailto:einschulungsuntersuchung@stadt.wuppertal.de)



## 15. DO YOU NEED SUPPORT?

Here you can find help if you or your child have special needs or questions:

### **School counselling for newly immigrated families**

City of Wuppertal – Municipal Integration Centre  
28 Friedrich-Engels-Allee, 42103 Wuppertal  
Telephone: +49 (0) 202 563 4555  
[schule.intergration.204@stadt.wuppertal.de](mailto:schule.intergration.204@stadt.wuppertal.de)

### **Psychological educational counselling (208.32)**

Friedrich-Ebert-Str. 27, 42103 Wuppertal  
Telephone: +49 (0) 202 563 6990  
[schulpsychologische.beratung@stadt.wuppertal.de](mailto:schulpsychologische.beratung@stadt.wuppertal.de)

### **School Authority for the City of Wuppertal - Inclusion Office**

Alexander Str. 18, 42103 Wuppertal  
Telephone: +49 (0) 202 563 2401  
[206-inklusionsbuero@stadt.wuppertal.de](mailto:206-inklusionsbuero@stadt.wuppertal.de)

### **Elementary schools in Wuppertal**

<https://www.wuppertal.de/kultur-bildung/schule/anmeldungen/schulen-anmeldetermine.php>



### **Cura gGmbH Interdisciplinary Early Intervention and Counselling Centre**

Friedrich-Engels-Allee 430-432  
42283 Wuppertal  
Tel: + 49 (0) 202 265 465-0  
Fax: + 49 (0) 202 265 465-19  
<https://cura-wuppertal.de/>

### **Autismus-Ambulanz und Beratungsstelle**

Wuppertal gGmbH,  
Friedrich-Engels-Allee 432  
42283 Wuppertal  
Tel: +49 (0) 202 74 79 58-30  
Fax: +49 (0) 202 74 7958-21  
[info@autismusambulanz.de](mailto:info@autismusambulanz.de)

### **Family counselling Wuppertal**

Counselling for children, young people and parents  
Friedrich-Ebert-Str. 27  
42103 Wuppertal  
Tel: +49 (0) 202 563 6644

[Beratung.fuer.kinder.jugendliche.eltern@stadt.wuppertal.de](mailto:Beratung.fuer.kinder.jugendliche.eltern@stadt.wuppertal.de)

<https://www.wuppertal.de/vv/oe/208.31.php>

### **Wuppertal Children's Table**

<https://www.tafel-wuppertal.de/hilfe-erhalten/kindertafel>

### **Wuppertal Child Protection Association**

<https://kinderschutzbund-wuppertal.de/aktuelles/>

### **KinderTal**

<https://www.kindertal.de/>



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