

Getting ready to start my new School



Here are some things you could do at home to help your child to be 'school ready'.

Support your child's independence to manage mealtimes. You can do this by...



- ❖ Encourage them to use a knife, fork and a spoon when eating.
- ❖ Let your child unwrap food for packaging themselves.
- ❖ Make sure your child is able to drink from a cup.

Support your child's independence when going out. You can do this by...



- ❖ Helping your child dress themselves and then give them opportunities to practise on their own.
- ❖ Helping your child to put their shoes on and then give them opportunities to practise on their own.
- ❖ Make sure your child can fasten up their coat- practise zips, poppers and buttons.
- ❖ Help your child to pack their bag and then let them try to do this themselves.

Support your child's independence to manage their personal hygiene. You can do this by...

- ❖ Making sure they can pull their pants/tights/trousers down themselves.
- ❖ They know how to wipe their own bottom
- ❖ They are able to flush the toilet.
- ❖ They understand the importance of handwashing and can do this on their own after going to the toilet



Support your child's independence when playing. You can do this by...

- ❖ Helping your child to take turns in a game and to share with others.
- ❖ Focus and concentrate on what they are doing for short periods of time to complete a task.
- ❖ Tidy their things away when they are ready to do something else.



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Here are some things you could do at home to help your child to be 'school ready'.

Support your child's communication and language skills. You can do this by...

Talking to your child about what you can see when you are out and ask them questions so that when your child is at school they will be able to

- ❖ Talk in sentences
- ❖ Ask for help from an adult at school if they need it
- ❖ Interact with others and make new friends.



Support your child's mathematical development. You can do this by...

- ❖ Counting together (stairs, toys, sounds, images in books)
- ❖ Going on 'number and shape walks' to spot numbers and shapes in the environment
- ❖ Playing games that involve throwing a dice
- ❖ Setting the table together for meal times.



Support your child's readiness to learn to read. You can do this by...

- ❖ Sharing stories and rhymes at least once a day
- ❖ Talking about pictures in favourite books
- ❖ Listening to audio books together
- ❖ Noticing and reading familiar signs and labels together.



Support your child to be ready for writing. You can do this by...

- ❖ Drawing, making marks on paper and colouring together.
- ❖ Showing your child how and why you write, for example, write a shopping list together, write a note for someone, write an address or a label.

