

Getting ready for school

Preparing emotionally

- Visit the school together and ask to be shown the places that are really important to your child & their settling in process eg) the toilets, where to get a drink of water, the coat racks etc.
- Borrow some starting school books from the library & read them regularly, picking out the fun and exciting activities that are going on in each one and using them as starting points for conversations about going to school
- Make buying new school uniform/lunch box/PE bag a 'big exciting adventure'

These picture books about going to school may be helpful:

I am too Absolutely Small for School (Charlie and Lola) by Lauren Child

Starting School by Janet and Allen Ahlberg

Topsy and Tim Start School by Jean and Gareth Adamson

Harry and the Dinosaurs Go to School by Ian Whybrow and Adrian Reynolds

Come to School too, Blue Kangaroo! by Emma Chichester Clark

Going to School Sticker Book and Starting School Sticker book - Usbourne

Preparing practically

- Encourage your child to recognise their own name - write their name out & stick it up for them to find. Ask them to find their name amongst lots of other words.
- Encourage them to write their name independently - try writing in shaving foam or paint, in the sand at the beach, using chalks outside etc.
- Teach them how to use the toilet independently and wash their hands thoroughly using soap.
- Encourage your child to dress themselves independently and put shoes & coats on by themselves.
- Encourage them to speak to a grown up if they have worries or needs and not to be worried about speaking up about something
- Encourage your child to help out around the house - feeding the pet, putting laundry away, laying the table for lunch/tea.
- Support your child to tidy their toys up - try using music for 'tidy up time' like the Mission Impossible theme
- Use listening & doing games to encourage following instructions & good listening skills eg) I-spy, Simon Says
- Sharing stories together
- Establish a good bedtime routine to ensure your child is ready for school in the morning
- Encourage your child to use their knife and fork at meal times
- Allow your child to explore new situations and meet new children eg) at the park, at a play centre, at a play group