

# Preparing your Child for Starting School

When your child starts school it is one of the biggest transitions in their life and yours. It is an exciting time but can be a little daunting too. However, most children love school and go on to make the most of their education. With a little preparation and encouragement, most children will settle in easily at school. Children start school with a wide range of abilities and their teacher will be skilled at helping children progress at their own level.



## Top Tips

- Help them to develop the skills they need to be independent such as getting used to playing with other children, dressing themselves, personal care and looking after their possessions.
- Chat with your child about starting school. Use story books about starting school and read them to your child.
- Focus on the things you think they will like such as the activities or new friends.
- Get your child used to the times they will need to get up in the mornings and go to bed.
- Talk to your child about what will happen on their first day and who will be taking them and collecting them from school.
- Practise the school morning routine including getting dressed and having breakfast.
- Share your memories of your school days so they learn what to expect.
- Plan a treat for the end of their first day.
- Listen and acknowledge any anxious feelings or fears they may have.
- Help to build your child's confidence by making sure they know they can ask an adult if they need something.
- Encourage them to take turns, share and be thoughtful about other children.
- Look at our website together and talk about it.
- Provide us with as much information about your child as possible so we know where they are in their development and what interests or needs they have.
- And don't forget, if there is anything that you are concerned about raise them with the teacher before they develop into bigger problems.

## Self-Care

It will make life easier for your child, and the staff, if they can master some self-care skills before they start school.

- Support your child to be confident about getting to the toilet on time and wiping properly.
- Chat about the importance of handwashing with soap and water.
- Let them practise putting on their uniform, taking it off and folding it neatly in preparation for P.E. lessons.
- Children having school dinners need to be able to use a knife and fork and carry a tray. If they will be taking a lunchbox, make sure they can open it as well as any packets inside.
- Introduce your child on how to use a tissue, putting it in the bin and then washing their hands to kill germs. Teach them how to blow their nose which some children find difficult to do.
- Get your child into the habit of hanging their coat up, putting toys away and so on to prepare them for tidy up time at school.
- Make sure all their personal items are labelled and show them where to find their name.



*We wish you and your child happy school days ahead!*

