

# How can I help my child?

## 10 things to do to help your child be ready for school...

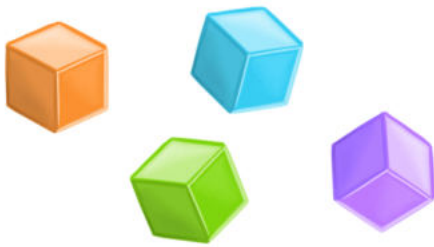
### 1. To be able to sit still and listen for a short period of time.

The ability to sit still and listen to a story, join in with counting songs or a phonics session is a skill that will be needed from the very beginning of school life. You can help your child by expecting them to listen to a story you read or complete a short activity with you i.e. build something, play a game outside etc.



### 2. To be aware of other children, share toys and take turns.

A big part of starting school is about getting along well with others, completing a task through teamwork, and treating others with respect. You could help your child by playing games together, taking turns to do things as well as working on activities together. Encourage older siblings to teach their brother or sister how to take turns when using a popular toy or during a board game.



### 3. To be able to use a knife and fork.

The majority of children will be having hot school meals so help your child by ensuring they know how to use a knife and fork to independently feed themselves.



### 4. To understand what rules are and why they are important.

Within the school environment there will be some rules for the children to follow to ensure that everyone is safe and ready for learning, as well as ensuring that we are looking after each other and the resources. Talk to your child about why we might need some rules and discuss simple rules that you may have at home and why.



### 5. To be able to use the toilet independently.

The ability to use a toilet and wipe their own bottom is a vital skill for when children start at school. We appreciate that it is sometimes difficult but even attempting to do it themselves will help your child.



**6. To recognise their own name when it is written down.**

If your child cannot write their name when they begin school then do not worry - we can help to teach them this. However, it would be of great benefit to them if they can recognise their name so that they can easily find their peg, drawer and see a label in their clothing. You could write several names out and ask them to find theirs or make a name puzzle with all the correct letters for them to match to their name.



**7. To speak to an adult to ask for help.**

If your child needs help with something then they will need to ask an adult. Encourage your child to speak in full sentences to communicate their needs to you, rather than pointing or by you guessing.

**8. To be able to get dressed and undressed for PE.**

This is an important skill to help your child (and the teacher!). Find times before your child begins school to practise this so that you aren't trying to do it when you have 2 minutes to get out the door! You may also consider putting your child who normally wears tights in trousers for PE days.



**9. To open and enjoy a book.**

When the majority of children begin school they will not be able to read books but if they can enjoy a book, know how to hold it and know how to turn the pages this helps with some of the foundations for learning to read.

**10. To be able to put on and take off their coat independently.**

Zips and buttons can be tricky but if the children can put their coat on then this helps their independence and thus their self-confidence when they are choosing to go outside.



*Have fun and we look forward to your child starting school in September!*

