



## **School Readiness**

By helping your child to be prepared for school, it will build their confidence so that when the time comes they are ready! Based on feedback from Reception teachers we follow 5 messages to ensure that your child is ready to START\* school and here are some tips for at home too.

### **S is for putting on shoes, socks and putting on clothes, independently, so that your child can get dressed for PE, put their outside clothing on swiftly and manage their belongings**

- Allow extra time in the mornings or when going out
- Think about clothes and shoes that will be easier to get on and off and that are also appropriate for the weather
- Make sure clothes and shoes have name labels
- Practise making sure clothes and shoes are the right way round
- Practise buttons and zips
- Let your child practise putting on their school uniform
- Give positive praise for trying

### **T is for talking, sharing and following instructions because children learn best when they have strong communication skills**

- Talk to your child about what they can see/hear/ smell/feel/taste
- Take your child to meet other children
- Sing songs, read stories or share a book and talk about the pictures daily
- In the evening, talk to your child about their day
- Praise your child for following clear instructions
- Borrow books from your library. It's free

### **A is for asking for help because we all need to learn when to persevere and when to ask for support**

- Encourage your child to have a go at things and to ask for help when they need it
- Model how to ask for help using a full sentence: 'Please can you help me?'
- Let your child ask for things in shops, and be involved in choosing and paying when they're old enough
- Talk about who to ask and find out who they have good relationships with - such as teachers, other children and nursery staff
- Visit your library to choose a book with your child

## **R is for being ready to try different foods ready for school lunch times and use different tools so that hand muscles are strong and ready to begin writing**

- Find fun activities to get the hands and fingers moving e.g. playdough and Lego®
- Sing and play fingerrhymes e.g. TommyThumb
- Use pencils, crayons and paintbrushes to practise drawing and painting
- Buy and explore new foods together and praise your child for trying new things
- Show your child how to hold and use a knife, fork, spoon and scissors
- Eat family meals together

## **T is for toileting independently**

- Talk to your child about using the toilet and washing their hands
- Remind your child to wash their hands after the toilet and before eating
- Make sure your child wears clothes they can take down themselves
- Give positive praise for trying to do this independently
- Ask for support from your health visiting team (aged 0-5 years) or school nurse (school age child)
- Tell your child it's okay to ask to use the toilet at school

*Adapted from Ready to Start Peterborough*