

Getting Ready for School Activities



Please don't worry if you don't have time to do all the things we have suggested or if your child has special needs that mean they are not ready yet to do some of the activities independently.

Helping your child develop independence

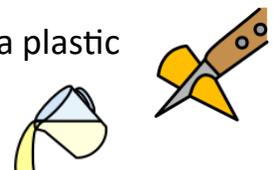
Getting dressed independently every day – practise closing buttons, putting on socks and shoes on the right feet, putting coat on and zipping up.



Going to the toilet and wiping their bottom on their own – simple clothing like elasticated waistbands are easier to get on and off.



Cutting food using a 'real' knife and fork and pouring a drink from a plastic jug



Tidying up their toys and doing simple household chores – giving them responsibilities will help them to become more independent.



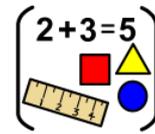
Helping them to recognise their name in writing and to consistently respond to it verbally. Create a coat and shoe peg at home with their name on it to help get them used to having something similar at school.



Get children talking

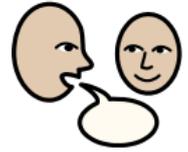
Talk to children about what they are doing, how they are feeling and what they did yesterday. Talk to your child in your home language. Don't worry about talking in English if this is not what you do normally- If your child can talk well in your home language they will pick up English more quickly at school.





Get children interested in stories and number

Read stories with your child everyday. We get most of our new words from what we read. Research shows that reading stories is one of the best things' parents can do to help children do well at school.

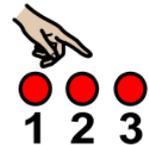


When reading turn the pages together and look at the pictures.



Explore rhyming words and sing songs together- action songs are fun.

Count items out together and talk about numbers you see around you.



Get a good routine in place

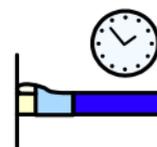
Children should wake up by 8am, have breakfast, brush their teeth and get dressed.



Reduce the amount of screen time that children are having.



In an evening, children should have a bath, brush their teeth, have a bedtime story and be in bed and asleep by 7.15pm.



By doing these activities above and putting routines in place, your child will be better prepared to start school.