

## Top Tips for Preparing Your Child for School

- Begin to get into a good bedtime routine in the summer holidays. Your child will find the first few weeks very exciting but tiring. Once the excitement has worn off you may be left with a very tired and grumpy child. Get into a good routine now so that they will get plenty of sleep when they really need it.
- Help them to prepare for the change. Read books about starting school and answer questions that might come up. Make a special trip to buy a water bottle and PE kit or anything else they might need.
- Read stories to your child, help them build a broad vocabulary so they can express themselves to the adults and communicate with their peers. This will help them to make friends and feel settled.
- Help your child to be independent when putting on their coat, shoes and other clothes. You may be there in the morning to help change for PE but they will need to be fairly independent to dress themselves afterwards. Label everything please- including shoes!
- Choose clothes for your child that they can manage easily, whether pulling up trousers after using the toilet or changing after PE. Please don't dress your child in shoes with laces until they can do them up themselves!
- It is helpful if your child can recognise and write their own name. It makes them much more independent if they can write their name on pictures and work they do and find their drawer and coat peg without support. It gives them an ownership of their classroom and helps them feel that they belong.
- Help your child to be independent in the toilet, getting onto the toilet, cleaning themselves and pulling up clothing when they've finished. If your child is not dry during the day, please speak to us soon.
- Talk to your child about the importance of hand washing and make sure they know how and when to do it.
- Practise using a knife and fork at mealtimes.
- Stay sociable during the summer, so they are confident to play with others and take turns.
- Children are ready for learning about letters and numbers at different times but you can do a lot to encourage their interest by introducing ideas during play. Count objects and find special numbers around them like their age or the house number. Introduce letters and signs you see. Use letter and number puzzles and encourage them to draw and paint as this helps to develop their fine motor skills.