

Getting Ready to Start School: Top Tips for Parents/Carers

A child's first day at school, is a big moment for you and for them and it can be both an exciting and nervous time. With so much information and lots to prepare for, being in a routine and helping them to get plenty of sleep will help them. Here are some other ways you can give your child help and encouragement to help them 'be ready for school'.

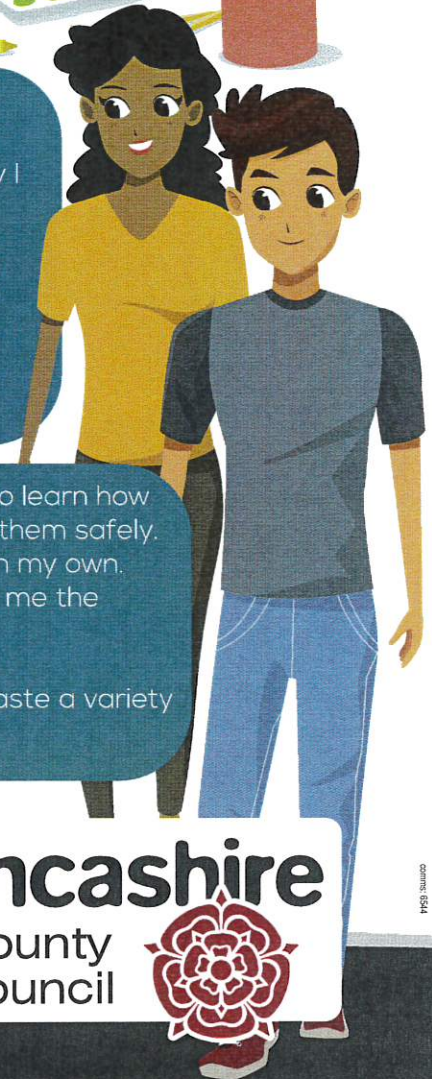


It will help me if I am able to

- Use words, objects or gestures to help me explain what I need to a grown up.
- Listen and follow instructions.
- Sit and listen for a short while e.g. to a story.
- Tell you when I am hungry, tired or need the toilet.

Ways in which you can help me

- When we go out together e.g. on walks or an adventure – chat to me about what we can see and give me time to chat back to you in a way I am comfortable with.
- Listen to my questions and help me to answer them.
- Talk to me about the things you are doing (to help me learn) and give me time to ask and answer questions.
- Provide opportunities for chatting, playing and interacting together.
- Spend time together reading, telling stories or singing songs together.
- Allow opportunities to play, create imagination and build curiosity.



- Put my coat on, fasten it, take it off and hang it up.
- Wash and dry my hands by myself.
- Go to the toilet by myself.
- Feed myself using a knife and fork.
- Drink from a cup.

- Show and give me simple instructions so that I am able to learn how to do things myself and give me time to learn how to do them safely.
- Encourage me to use the toilet so that I am able to go on my own.
- Check that I am able to undo and do up my clothes. Give me the time to practice this.
- Make it fun, with lots of praise and encouragement.
- Sit down and eat meals with me and encourage me to taste a variety of different healthy foods.



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It will help me if I am able to:

- Choose toys I want to play with and make up ideas of things to do and games to play.
- Watch what other children are doing and join in with them.
- Feel comfortable when I am not with my parent or carer.
- Communicate with other grown-ups and children that I know when you are not around.

Ways in which you can help me:

- Play listening games with me e.g. 'Simon Says'.
- Help me to use some of my toys to make up a story.
- Visit groups so that your child is able to meet other children and interact with them; e.g. playgroup, library sessions, nursery.
- Give me time to talk to you, my friends and my family about the things that I know.
- Spend time talking about school together – answer their questions, find out how they are feeling, talk to them about how they are feeling to help put them at ease.

Don't worry if your child is unable to do all of these things. Help is available by speaking to:

- Your Health Visitor by ringing 0300 247 0040.
- Speak to your child's key worker at Nursery.
- Ask questions to Primary Schools when you are applying for your child's school place.

Alternatively visit these websites for more information:

- Find information on the special educational needs and disabilities local offer at: www.lancashire.gov.uk/SEND
- Search for Children Family Well-being Service on Lancashire County Council website to find services and support local to you.
- Getting ready for moving up to school video: www.lancashire.gov.uk/childcare
- <https://hungrylittleminds.campaign.gov.uk/>

