

Tuebrook West Derby
& Yew Tree
Children's Centre
A Sure Start Children's Centre

**Ready,
Steady,
School!**

We have put this booklet together to give you some handy tips about helping your child to prepare for School. Inside you will find lots of useful information about things you can do together and encourage your child to do independently to support the transition to School.

Please like & follow our social media pages for more ideas! As always, we would love to see your pictures if you would like to share them with us :-)

Facebook - Tuebrook, West Derby & Yew Tree Childrens Centre

Instagram - tbwdyt.cc

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Routine

Start to introduce routines at home. Routines give children a sense of security. When life is organised and consistent at home, children feel safe, secure and looked after - especially during stressful times!



You could match meal times to those that children will have in School. A good bedtime routine to get a good nights sleep will help your child be ready to learn the next day. It may help to talk about what is happening 'now' and what will happen 'next' to give children some understanding of sequencing and time.

Self-Help Skills

Your child will really benefit from being as independent as possible when they start school. Of course teaching staff will always be on hand to help, but children feel a real sense of achievement when they can accomplish things by themselves!



Let your child start to do things for themselves, even if it means it will take longer! They could butter their own toast, unwrap their lunch, wash their own hands, use the toilet and dress themselves.

Make them familiar!

Show your child their new School! Walk from your house so they get to know the journey. Talk about the fun things they will do there, the more that children know, the less anxious they will be. Find out if any of their friends from Nursery will be going to the same School.



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If you have not had contact from the School, ask for an information book so you can learn more and tell your child. Show them their uniform. Talk about how they will go to the toilet on their own, have lunch with friends and follow some instructions.



LISTENING GAMES

Play some fun listening and doing games to help with following instructions. 'Simon says' or 'Can you find?' games are great for this.



CAN DO ATTITUDE

Help to develop your child's independence and a 'can do' attitude by giving them a few everyday responsibilities as they get closer to school age. Perhaps they could lay the table, feed a pet or put their own laundry away.



THESE PICTURE BOOKS ABOUT GOING TO SCHOOL MAY BE HELPFUL:

- I am too Absolutely Small for School (Charlie and Lola) by Lauren Child
- Starting School by Janet and Allen Ahlberg
- Topsy and Tim Start School by Jean and Gareth Adamson
- Harry and the Dinosaurs Go to School by Ian Whybrow and Adrian Reynolds
- Come to School too, Blue Kangaroo! by Emma Chichester Clark
- Going to School Sticker Book and Starting School Sticker Book – Usborne



FLIP TRICK

Have you heard of the 'flip trick' for putting a coat on?

Put your child's coat upside down on a table in front of them.

They can then put their hands in the armholes and flip the coat over their head – a handy way for your child to put their coat on by themselves!



BEHAVIOUR CHANGE

It's quite common for children's behaviour at home to change when they first start school. Don't be surprised if your little one becomes more clingy, argumentative, lethargic, excitable or prone to tantrums for a while.

Steps to starting school

Build your child's confidence so that they start school confident, curious and ready to learn

Access more great advice, tips and downloadable resources at pacey.org.uk/schoolready



More top tips:

- ★ Get your child ready for their new routine by switching their meal times to match those of the school day
- ★ Encourage your child to explore new environments and interact with new people
- ★ Talk to your child about what they are most looking forward to at school
- ★ Let your child practise putting their new school uniform on and taking it off
- ★ And remember, every child is different and starts school with different abilities

