

Top Tips for your child starting school.

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.

Reading

Reading is a key skill - reading regularly to and with your child can help with many skills, including making relationships, listening, storytelling, imagination, sound discrimination and prediction.

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.

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.

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!

Some helpful books

I am too Absolutely Small for School 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

Self Care

Going to the toilet

Support your child to be confident about getting to the loo in time and wiping properly, using toilet paper rather than moist wipes.

Washing their hands

Chat about the importance of good handwashing with soap and water, especially after going to the toilet, playing outside or handling animals.

Dressing and undressing

Let your child practise putting on their school clothes, taking them off and folding them neatly in preparation for PE lessons, especially if there are fiddly fastenings such as shirt buttons and zips. Clothes with elastic bands and shoes with Velcro® are easier to handle for young children. Teach your child tricks such as putting labels at the back, holding cuffs to stop sleeves riding up, and wrinkling tights to put toes in first.

Feeding themselves

We offer free school meals for all children in reception, year 1 and year 2 - for this they can choose from a hot lunch or a pick and mix lunch. Or children can choose to bring their own packed lunch.

Children having school dinners need to be able to use a full-sized knife and fork and carry a plate or tray. If your child is taking a lunchbox, make sure they can open it as well as any containers and packets inside.

Using a tissue

Introduce your child to the routine of 'catch it, bin it, kill it' – catching their sneeze or runny nose in a tissue, putting it in the bin straightaway,

Tidying up

Get your child into the habit of hanging their coat up, putting their toys away, clearing the table, and so on, to prepare them for doing these things at school. Why not turn it into a game?