

# How to prepare your child for a successful start!



It's normal to feel a bit anxious about sending your child to 'big school.' As a parent/ carer, you want to be absolutely certain your little one is fully prepared to adapt to a classroom environment, make new friends and be able to clearly communicate their needs to their teacher whenever they need help.



## Things to consider...



### Independence!

Can they put on their coat by themselves? Tip: encourage them to put their hood on first then find their arms 🙌

Can they put on their shoes and socks independently? Would Velcro shoes help with their independence?

### Listening



Ensure they are as independent as possible when caring for their own personal hygiene. For example using the toilet and washing their hands. We have steps and smaller toilet seat adaptations to help them too!

### Sharing books



Teach your little one how to use and care for their toys and belongings and trust them to do so independently.

### Sharing

To prepare your child for physical school activities, encourage lots of outdoor play. This could involve going to the park, letting them climb, kicking a ball around and playing with other children



### Routine

Taking turns to speak. Can they wait their turn? You can try to play simple board games with your child to help them to develop turn taking skills, encouraging them to wait patiently for their turn.

Share a book every day! It exposes them to new words and ways of using language. It also helps them learn general information about the world, which makes it easier for them to learn about new subjects once they get to school. Books also help children build empathy and learn how to handle challenging feelings

A routine is very important to help your child get the maximum learning opportunities at school. The NHS advises that 3-4 year olds need 10-13 hours of sleep a night to support their growth physically and mentally.

### Turn taking

If they come home messy ask them what they've been learning today. Messy clothes are a sign of lots of fun and learning.

### Following Instructions

