

Ready to **START** School



An easy guide to be

• ready for school • ready to learn • ready to succeed

Kirklees
Early Years
Solutions

 **Kirklees**
COUNCIL

Ready to **START** School

Help your child to be

- ready for school
- ready to learn
- ready to succeed

To do well in school children need to practise using pencils, paintbrushes, knives and forks; to listen and share and to say what they need.

This leaflet will give you tips so that you can make sure your child is ready for school.

Do not worry if your child cannot do these things by the time they start school: just keep practising together. If you need help use the contacts overleaf.

This program will be promoted to all childcare settings across Kirklees. If your child attends a child care setting then please work in partnership with the child's key worker in identifying areas of achievement or areas where the child may need a little more practice.

You are your child's first teacher: trying the tips in this leaflet will really help your child to like learning, feel good about themselves and be happy to start school.

There are lots of things you can do to get your child ready



Shoes, socks and put on clothes

- ❑ Show your child, then encourage them to keep practising
- ❑ Allow extra time in the mornings or when going out
- ❑ Think about clothes and shoes that will be easier to get on and off. Make sure clothes and shoes have name labels
- ❑ Choose clothes depending on the weather
- ❑ Practise making sure clothes and shoes are the right way round
- ❑ Practise buttons and zips
- ❑ Let your child practise putting on their school uniform
- ❑ Aim for them to get faster at getting dressed: make it a fun game
- ❑ Give positive praise for trying

Talk, listen, share and follow instructions

- ❑ Switch off technology for a while
- ❑ Talk to your child about what you are doing around the house
- ❑ Talk to your child about what they can see/hear/smell/feel/taste
- ❑ Take your child to meet other children
- ❑ Sing songs, read stories or share a book and talk about the pictures daily
- ❑ In the evening, talk to your child about their day
- ❑ Encourage turn taking within the family
- ❑ Praise your child for following clear instructions
- ❑ Borrow books from your library; it's free!
- ❑ Support children's learning in English and their heritage language

Build your child's confidence so that they start school curious and ready to learn. Positive encouragement from you will enable your child to feel good about themselves.

Ready for school. When your child starts school it will help to be able to do the following:



Ask for help

- ❑ Encourage your child to have a go at things and to ask for help when they need it
- ❑ Model how to ask for help using a full sentence: "Please can you help me?"
- ❑ Let your child ask for things in shops, and be involved in choosing and paying when they're old enough
- ❑ Talk about who to ask and find out who they have good relationships with - such as teachers, other children and nursery staff
- ❑ Tell your child that it is ok to ask for help
- ❑ Visit your library to choose a book with your child
- ❑ Play alongside your child and talk about what you are doing



Ready to try different foods and tools

- ❑ Find fun activities to get the hands and fingers moving e.g. playdough and Lego®
- ❑ Sing and play finger rhymes e.g. Tommy Thumb
- ❑ Use pencils, crayons and paint brushes to practise drawing and painting
- ❑ Buy and explore new foods together
- ❑ Show your child how to hold and use a knife, fork, spoon and scissors
- ❑ Give your child a child-sized portion
- ❑ Eat family meals together
- ❑ Praise your child for trying new foods and using different tools



Toilet on their own

- ❑ Talk to your child about using the toilet and washing their hands
- ❑ Show your child how to wash and dry their hands
- ❑ Remind your child to wash their hands after the toilet and before eating
- ❑ Make sure your child wears clothes they can take down themselves
- ❑ Give positive praise for trying to do this independently
- ❑ Try using a reward chart to encourage your child
- ❑ Ask for support from your health visiting team (aged 0-5years) or school nurse (school age child)
- ❑ Tell your child it's ok to ask to use the toilet at school

Apply for your child's school place in good time

The closing date is 15 January 2023

- If you have any worries talk to your child's Key Worker, Health Visitor or GP
- Has your child had their preschool vaccinations?
- Attend a nursery, preschool or childminding setting, as this will support your child develop all the skills they need to be ready to start school
- Talk to your child about the school day and visit the local schools
- Let your child practise putting on their school uniform
- Be on time for preschool/nursery/childminder every day
- Take your child to your local library. It is free to join and free to borrow books
- Read to your child every day

 **S** ...shoes, socks and put on clothes

 **T** ...talk, listen, share and follow instructions

 **A** ...ask for help

 **R** ...ready to try different foods and tools

 **T** ...toilet on their own



Contact the admission team
01484 221000

Signpost to services

Uniform Exchange

Railway Sawmills
Burbeary Road
Huddersfield HD1 3UN

07955724789

www.uniform-exchange.org

Locala - Kirklees

Locala Community Partnerships CIC
286 Bradford Road
Batley WF17 5PW

0300 304 5555

www.locala.org.uk

www.thrivingkirklees.org.uk

Thriving Kirklees - Parent self-assessment questionnaire

www.thrivingkirklees.org.uk/school-health-self-assessment/

Healthy lunch boxes

www.nhs.uk/change4life/recipes/healthier-lunchboxes

Kirklees Library Service

01484 414868

Womens Centre - Support for Mums

15 Lord Street
Huddersfield HD1 1QB

01484 4508666

www.womencentre.org.uk

Kirklees Sports Centres

Various sites across Kirklees

www.kal.org.uk

NHS Choices

Information and contact details for health and additional support on topics such as:

- Potty training
- Healthy Eating
- Common child illnesses
- Common Sleep Problems in children
- Childhood allergies.

www.nhs.uk

NHS Dental Services

www.nhs.uk/service-search/other-services/Dentist/LocationSearch/3



50

things to do

before you're
five

Download
the app
NOW!

Say Hello to...

50 fantastic things for you and your child to experience together.



'50 Things To Do Before You're Five' gives you 50 activities that parents and carers can support their children to try out and repeat.

kirklees.50thingstodo.org

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It's
here!



#20

Mini Artists



#33

Home from
Home



#40

Happy
History

#41

Climb a Hill



#47

Cooking

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