

There are lots of things you can do to get your child ready for school. When your child starts school it will help to be able to do the following:



## 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



## 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

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.

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For further information and other helpful facts visit:  
[www.KirkleesEarlyYearsSolutions.co.uk](http://www.KirkleesEarlyYearsSolutions.co.uk)

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