

# How you can help prepare your child for school



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## Becoming Independent:

- Encourage independence and confidence by giving your child small responsibilities and jobs that they can help you with around the house.
- Play games involving turn taking and patience to develop concentration and help your child with understanding that they will not win all the time.
- Help your child to recognise their name by them regularly seeing their name written on their belongings and around the house.

## Dressing:

- Support your child to undress and dress. Try not to be tempted to do this for them because it's quicker.
- **Put their coat on and off independently.**
- **Take jumper on and off independently.**
- Recognise their own coat and bag.
- Be responsible for their own possessions
- Pull down and up their trousers/tights and underwear to go to the toilet.
- Refasten trousers after using the toilet.

## Fine and Gross Motor Skills:

- Develop finger skills ready for writing by; picking up fiddly things such as using lego to build models
- Using a pinching action to operate clothes pegs and squeeze playdough. (See our recipe for a great no cook playdough)
- Hold a knife and fork and use them to eat.
- Hold pencil in a thumb and 2 finger grip
- Mark make with pressure and control
- Hold a pair of scissors correctly, operating them with confidence to snip.
- If you would like your child to practice writing their name, please encourage them to begin to use correct letter formation (attached). Remembering that we only use a capital letter for the first letter.
- Be able to sit up and still on the floor



## Toileting and Hygiene:

- Teach your child to use the toilet **independently**, always remembering to wipe themselves clean/dry, flush the toilet and wash their hands.
- Wash hands with soap and water for 20 seconds, rubbing their hands together. Then rinse and dry.
- Blow/wipe their nose **independently** and put the tissue in the bin
- Recognise when they need the toilet

# How you can help prepare your child for school:

## Number:

Encourage your child to have fun in their play so that they are able to:

- Sort objects and group, recognising similarities and differences
- Touch objects as they count them.
- When you are out and about, take the opportunity to count objects they can see e.g. steps, blue cars, benches in the park.
- Rote count to 10 and then 20
- Have an awareness of number symbols (e.g. door numbers, prices, lift numbers etc.) and shapes in the environment.

## Listening and Communication:

- Take every opportunity to 'chat' with your child, it helps them to listen as well as develop their language and teaches them to take turns in conversation.
- Encourage your child to use words to communicate their needs
- Explain to your child who they can ask for help and to know that they must tell an adult if they are in pain, hurt themselves or had a toileting accident.

Remind and encourage your child to:

- Be polite, using please and thank you.
- Follow simple instructions
- Look at the person who is speaking and listen to what they say.
- Speak clearly in sort sentences
- Be patient and wait their turn to speak.

## Reading:

- Have fun listening to stories and rhymes (We have attached some lovely nursery rhyme posters from Twinkl)
- Talk about pictures in a story and what is happening
- Encourage your child to join in with a familiar story as it is being read
- Allow them to retell familiar stories through the use of pictures
- Support your child to hold a book correctly and to turn pages.
- Adult to point to the words they are reading so children make the connection between the written word and the spoken word.

We would like your child to be familiar with these stories:

- 'The Gruffalo' - Julia Donaldson
- 'We're going on a Bear Hunt' - Helen Oxenbury
- 'The very Hungry Caterpillar' - Eric Carle
- The Three Little Pigs
- Goldilocks and the 3 Bears
- The Gingerbread Man