

New to School - September 2021



There are lots of things you can do with your child which will really help them to get ready for school. These things tend to be linked to the Prime Areas of Learning such as Communication and Language, Physical Development and Personal, Social and Emotional Development. This document sets out some ideas to prepare them for this exciting next stage to their education.

- Encourage them to put on and fasten their own coat
- Practise dressing/undressing independently
- Practise going to the toilet independently and wiping their own bottom
- Practise washing own hands properly and drying them thoroughly
- Encourage children to use their voice to express themselves (rather than pointing to something they want/need) and encourage them to speak in sentences.
- In conversations encourage children to be patient and wait their turn and listen to what others say.
- Talk together lots.
- Play memory games e.g matching pairs, lotto games
- Play turn taking games (It is a good idea to not always let them win as they will not always be the winner when they are playing with other children)
- Encourage children to take care of their own belongings
- Practise tidying away their own toys
- Establish a regular bedtime (if they don't already have one)
- Practise using cutlery independently when eating

- Point out numbers, letters and words in the environment for example, house numbers, shop signs, logos...
- Encourage them to recognise their own name and be able to find it in a selection of other names. It's important that your child can recognise their name so they can pick up the correct name-labelled uniform or jacket, and also find their own drawer in the classroom. With your child, explore what the letters in their name look like.
- Encourage them to have a go at new things by themselves first before asking for help. This will help to develop resilience, perseverance and an attitude which says "I can't do it yet" rather than "I can't do it"
- Share books/bedtime stories
- Encourage children to listen carefully to stories. Talk together about the story they have heard.
- Talk about new words you find in books, discussing what they mean.
- Learn and recite Nursery Rhymes regularly
- Play rhyming games
- Read traditional stories to your child such as *The Three Little Pigs*, *The Gingerbread Man*, *The Three Billy Goats Gruff*, *The Little Red Hen*, *Little Red Riding Hood* and encourage them to join in with repeated phrases.
- Practise cutting skills. Allow your child to use scissors independently. Talk about how to hold them and handle them safely. Encourage your child to hold the scissors correctly in their hand with their thumb facing up rather than down. Cut along a variety of lines. These can be straight, curved, zigzag, bouncy...Cut out pictures encouraging them to cut carefully around the outline
- Practise physical skills such as throwing, catching, aiming, climbing, riding a bike/scooter, balancing, moving in different ways such as hopping, jumping, skipping, walking, jogging, galloping...
- Encourage use of good manners for example saying please and thank you, waiting their turn, sharing, saying excuse me please etc...
- Encourage sharing toys/resources with others
- Practise saying number names in order (by rote)
- Practise touch counting objects by touching one object at a time and saying a number name for each. This takes lots of practice to ensure accurate counting. Practise counting objects in a line to begin with moving one object at a time. Children can then also practise counting objects placed in a circle, then an irregular arrangement and then counting out objects from a larger pile.
- Give your child simple verbal instructions to follow. You may need to start with just one simple thing to do but expect them to listen and to follow the instruction. You can build up to instructions containing two or more parts. This can also be made into a simple game.
- Sing simple songs
- Clap a simple rhythm and ask your child to repeat it back to you.
- Talk enthusiastically about starting school.