

## School Readiness for Parents

This is just a guide with some top tips to get your child ready for School. Please remember that every child is different.

### Becoming curious about the world around me

Rather than focusing on reading, writing and maths skills focus upon helping your child to be curious, confident and ready to learn.

- I can listen to and follow instructions
- I can ask questions
- I can sit and listen for short periods of time

- [What comes before Writing?](#)
- [Happy to Talk](#)
- [Getting Ready to Listen and Learn](#)
- [Numbers are all around me](#)

### Getting dressed and undressed on my own

- I can put my coat on by myself
- I can button and unbutton my clothes
- I can do up my own zip
- I can put on my own socks and shoes
- I can take off my clothes and put them neatly in one pile (Ready for PE)

- [10 top tips for teaching children to get dressed](#)
- [Easy way to put on a coat](#)

### Routines

- I have practiced putting on my uniform and getting ready to leave on time
- I have a good bedtime routine so I am not tired for school the next day
- I am learning to eat at the times I will on school days

- [Top sleep tips](#)
- [Establishing a school routine](#)
- [Family routine](#)
- [Routines for children with additional needs](#)



### Toileting

- I can go to the toilet on my own
- I can wipe myself properly
- I can flush the toilet
- I can wash and dry my hands properly



- [A Practical Guide to Toilet Training](#)
- [ERIC - Thinking about wee and poo now you're on your way to School](#)
- [ERIC - Guide to toilet training for children with additional needs](#)
- [PACEY Video on Toilet Training](#)

### Sharing, Turn Taking and Making Relationships

- I like to interact with other children
- I can take turns and share toys (sometimes with support)
- I can listen to others when they are talking
- I know that what I do and say can make others happy or unhappy

#### **This can be achieved through:**

- Positive role modelling
- Reading stories or books linked to being a good friend/being kind to others
- Providing opportunities to play alongside others and resolve conflicts.
- Exploring and naming their emotions – what does it feel like to be angry, sad, happy....and what can we do when we or others feel this way? This can be introduced through emoticons, emotion cards/books or even watching the film 'Inside Out'

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### Steps to Starting School

[Steps to Starting School document download](#)

# Steps to starting school

Build your child's confidence so that they start school confident, curious and ready to learn

Access more great advice, tips and downloadable resources at [pacey.org.uk/schoolready](http://pacey.org.uk/schoolready)



### More top tips:

- ★ Get your child ready for their new routine by switching their meal times to match those of the school day
- ★ Encourage your child to explore new environments and interact with new people
- ★ Talk to your child about what they are most looking forward to at school
- ★ Let your child practise putting their new school uniform on and taking it off
- ★ **And remember**, every child is different and starts school with different abilities

### Independence

- I can separate from my carer/parents when I go to School
- I am beginning to feel confident about starting school
- I can ask my friends or adults for help if needed
- I can tidy up after myself
- I can look after my things e.g. jumpers, coats and lunchboxes
- I can wipe my own nose
- I can use a knife and fork
- I can open food packets on my own



### Other Useful Links...

- [Support for children with additional needs starting school](#)
- [Helping your child be school ready \(Video\)](#)
- [7 top tips to get ready for School](#)
- [Supporting children with anxiety](#)