

Are you ready for your child to start school?

These are top tips to help you and your child but 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

- 🌐 [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

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

- ✓ 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

🌐 [Steps to starting school](#)

Access more great advice, tips and downloadable resources at:

🌐 [Pacey.org.uk/schoolready](https://pacey.org.uk/schoolready)



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](#)