

# Helping my child get ready for school



# What do I need to be ready for school?

I am happy to be separated from my parents/carers

I can go to the toilet by myself and wash my hands

I can get dressed and undressed by myself

I can put on my coat and hang it up when I take it off

I can wipe my nose and put the tissue in the bin



I can tell you about me and talk about my family

I can listen and follow simple instructions

I have some interest in letter sounds and in counting

I like to move, be active and physical every day

I can understand how others might feel

I am curious and want to find out and learn

I can tell a grown up what I need or how I feel e.g. I am thirsty or tired

I can open and enjoy a book

I can connect with others in my group and say e.g. can I join in?

# What can my parents / carers do to help me get ready?

Encourage me to go to the toilet and get dressed by myself

Know 'what to expect when'  
See below

Establish bed time routines – bath, book, bed

Establish mealtime routines

Teach me about healthy eating

Keep me active

Take me on walks and talk about what we can see

Talk about how others might feel

Point out letters and numbers around me

Listen to my questions and help me answer them

Be curious about the world

Use words to describe feelings

Take me to the library and help me to choose a book

Encourage me to meet up with friends



## Top tips for parents and carers

### Be prepared for starting school

- ✓ Talk about starting school with your child
- ✓ Look at the school's website
- ✓ Visit the school with your child
- ✓ Try to meet all of the grown ups who will work in your child's class
- ✓ Find out where to go and what time school starts
- ✓ Find out when and where you can speak to the teacher at the beginning and end of the day
- ✓ Find out what they will have for snack and lunch
- ✓ Find out what equipment your child needs and when e.g., PE kit, book bag, wellies, waterproof clothing
- ✓ Find out where the toilets and cloakrooms are
- ✓ Find out where the dinner hall is
- ✓ Ask your child what they think they might like about starting school

### During the summer months

- ✓ Help your child by supporting them with the things to go in their special bag on page 2 'What do I need to be ready for school?'
- ✓ Go to the library, find and read stories about starting school
- ✓ Practise getting ready for school by trying on the uniform
- ✓ Practise the morning routine
- ✓ Practise the journey to school
- ✓ Practise tidying away things together
- ✓ Make sure you have put name labels on their things and your child knows where to look

### Starting school

- ✓ Make sure your child knows where to put their belongings
- ✓ Keep talking to your child about their time at school
- ✓ Use a calendar to help your child understand what is happening and when
- ✓ Talk to the staff about your child settling in and their interests at home
- ✓ Give your child some quiet time when they get home
- ✓ Try to be relaxed and positive rather than showing your own nerves

## Useful Resources:

I Am Too Absolutely Small  
for School

Going to School

Starting School

Do I have to go to school?

Hugless Douglas goes to  
little school

Mungo Monkey goes to  
school

Topsy and Tim start school

Harry and the Dinosaurs go  
to school

by Lauren Child

by Usbourne First  
Experiences

by Janet and Allen Ahlberg

by Pat Thomas

by David Melling

by Lydia Monks

by Jean Adamson

by Ian Whybrow

Website with supporting information and resources for parents:

[www.pacey.org.uk/schoolready](http://www.pacey.org.uk/schoolready)

Parents' guide on what to expect in the Early Years Foundation Stage and when:

<https://www.foundationyears.org.uk/2015/03/what-to-expect-when-a-parents-guide/>