**What can I do to get my child ready for starting school?**

**Practice and encourage them to independently …**

* Get dressed.
* Put their own shoes and coat on (and off).
* Go to the toilet and wash and dry their hands after.
* Feed themselves and use cutlery.
* Share and take turns (practice with other members of the family).
* Use their words to tell an adult if something is wrong or if they need help.

**You may also like to try some of these suggestions (you may be doing a lot of them already!)**

* Share books and stories together every day. Talk about the pictures and ask questions such as ‘what do you think will happen next?’ They might want to read the same book again and again and that’s okay!
* Sing nursery rhymes and songs together. There are lots to look at here - <https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-a-to-z-index/z4ddgwx>
* Play games such as ‘I spy with my little eye’ to start hearing initial sounds in words. Practice rhyming by making up silly rhymes like ‘a pig in a wig’ or ‘a fox in a box’.
* Sing number songs. There are some here to have a look at - <https://www.nurseryrhymes.org/numbers.html>
* Count out loud together as you go about your day (count the stairs as you walk up and down them, count the knives and forks as you set the table, etc.)
* Most importantly…simply spending time together as a family doing the things you love. Going for a walk, baking a cake, playing a board game, planting in the garden, chatting about your day together.

**When you do talk going to school, make it sound like such a happy and exciting thing that is going to happen (which it is)!** If you feel a little anxious about it, don’t let your child pick up on that or they will become anxious too. Starting school IS a fantastic adventure and we are there to help you and your child every step of the way!