

## Self help skills

Encourage your child to be independent. This includes dressing, eating, laying the table, blowing their nose, going to the toilet and helping themselves to water.



Let your child do it themselves.

### Can you and your children tick these off?

- Get dressed yourself.
- Do up your own coat.
- Put on and do up your own shoes
- Take yourself to the toilet without any help.
- Use a knife and fork.
- Use your water bottle.
- Open your lunchbox.

## Self confidence

Let your child know they are special, make them feel valued and respected.

Look and listen to them when they talk to you.



Encourage and support your child's efforts.

## Managing feelings

It is natural for your child to experience a variety of emotions. Reassure and support them by listening, cuddling, responding and staying calm.



Let your child know their feelings are important and understood.

## Ready Steady School

Starting school can be an exciting new experience, however, for some it may be an anxious time especially during this lockdown period. Hopefully, the following information will help you with some basic advice that you may find useful in the following weeks and months to help your child be as ready as possible for starting school.



Shaw C of E  
Primary School

## Communication

Talk with your child about starting school. What do they think it will be like? What are they most looking forward to? Is there anything they are unsure or worried about?

Find a quiet time to talk with your child about school.

Practise talking in full sentences.

Talking supports children's thinking and imagination.

Make up stories together.

## Singing and rhyming

Songs and rhymes help to develop your child's language. Find out about rhymes you can sing with them, play music you love and sing along to appropriate songs on the TV or internet.

Sing and listen to nursery rhymes and songs together.

## Eating well

Children need healthy eating habits to thrive. Encourage your child to drink plenty of water throughout the day. A healthy breakfast will set your child up for the day.

Eat with your child and encourage everyone to try different foods.

## Playing and exploring

Be excited, enthusiastic, curious and confident about discovering new things. Take time to have fun and play regularly with your child.

Encourage your child to explore and solve problems.

## Making friends

Encourage your child to share and play with other members of the household.

Encourage your child to share and take turns.

## Being active

Explore the outdoors with your child—let them look for mini bugs, jump in the puddles and get messy.

Play with a ball.  
-roll it  
-catch it  
-kick it  
-bounce it

Go to the park, play with balls, run and move in different ways.

Hop  
Skip  
Jump  
Dance

Go to the park, walk in the woods, Swim.

Recognise their own name.

Hear and say the first sound in a word.

## Reading

Children love it when you share stories together, it will make it more exciting for your child if you have fun using your voice. You could read labels in shops, stories in bed or the recipe when you are cooking.

Enjoy sharing stories and reading together.