



Getting ready to start school

Here are some things you could practise at home to help your child get ready for school.

Build independent every day skills like putting on shoes and coats



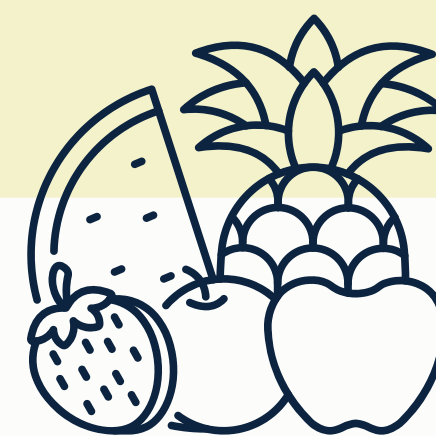
Start positive conversations about school and offer reassurance about all feelings



Share books together and talk about what's happening or how they are feeling



Promote healthy eating and trying new foods



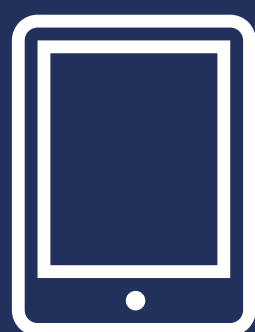
Play games that practise listening, turn taking and following instructions



Make a name placemat to support name recognition and mark making



Follow guidance on appropriate screen time



Manage toileting independently



Set consistent routines, including night time and morning routines



Stay active! It develops children's core strength, co-ordination and good health



Use cutlery

