

# Preparing your child for school



At Lapford Community Primary School, we encourage independence in children from the start of their school journey. We know that independence improves self-confidence and makes the transition to school easier for children. There are some key things that you can do to help your child prepare for the start of school.

## What should my child be able to do?

- Dress and undress themselves, including buttons. This is very important for P.E.
- Put on and fasten their own coat.
- Use the toilet independently and ask for help if they need it.
- Tidy up after themselves.
- Recognise their own name.
- Feed themselves, using a knife, fork and spoon.
- Share toys and equipment.
- Hold a pencil correctly - between three fingers.
- Sing some nursery rhymes.
- Count out loud to 20.
- Recognise numbers to 10.
- Listen well and follow simple instructions

## How can I help my child prepare for school?

- Talk about school often, and always in a positive way - discuss what a big boy or girl they are and all the fun activities they will do at school.
- Encourage your child to be as independent as possible even if it takes longer for them to get ready.
- Establish sensible bedtime routines which get your child ready for sleep, eg. sharing a bedtime story.
- Help your child to attend any transition sessions and spend time talking to them about these, asking what they did, which adults and other children they met and what their favourite activities were.

## What can I do with my child before they start school?

- Give your child as many varied experiences as possible: drawing, painting, cooking, singing, making models, playing games, jigsaws, etc.
- To support your child's fine motor skills (which they will need to learn to write), encourage them to use playdoh, snip paper with scissors and cut simple shapes, use their thumb and forefinger to play with peg boards, pick up and sort tiny items etc.
- Share stories, books and rhymes. Children will pick up a lot of vocabulary and ideas from listening to stories which will help them with their speaking and writing.
- Count everything and share things out - count out grapes or sweets, lay the table for the family and count out the cups, plates, spoons for each person etc. Play counting board games such as Ludo or Snakes and Ladders.
- Talk to them all the time. Name familiar things and discuss what they see around them and what things are for. Talk about what you see when you are out and about. Watch people work and discuss what they are doing.