

Top tips to help your child get ready for school

The transition to school can be a daunting, yet exciting, time for both children and parents alike. The following are some of the main things that Foundation Stage teachers are keen for children to be able to do in readiness and are that things you can practise at home with your child.

Getting dressed and undressed by themselves

Encourage your children to put on their clothes and take them off as independently as possible. Start by encouraging them just to put on their socks by themselves or their wellingtons or to put their coat on by themselves. If they can do up buttons that would be a real bonus!

I will be able to get dressed for Forest School sessions at school. My teachers will help me too.

I will want to be able to get my coat on quickly so I can get outside to play!



There will be lots of toys at school and everyone will be helping to tidy up with the teachers.



Tidy their toys

Try to get into the habit, at home, of your child tidying up after they have finished playing. This is good life skill and develops a sense of responsibility and care for the things they have.

Use the toilet on their own

Toilet training is really important. If they can know when they need the toilet, flush and wipe, then wash their hands correctly afterwards, by themselves, then that is a real positive. Accidents do happen and teachers will be there to help and support.

I know my teacher will be there if I need some help but I will want to use the toilet by myself like my friends.



I will love joining in when my teacher sings a nursery rhyme that I know!



Join in with, or know some, nursery rhymes

Your child will be singing lots of songs and nursery rhymes. (The good old fashioned ones like Jack and Jill, Humpty Dumpty, The Grand Old Duke of York but you might want to ask the teachers which ones in particular) Your child will really feel part of the group if they can join in and know some of them.

Be able to feed themselves

Practice using the correct cutlery and support children in being able to feed themselves without any help. Make it a fun and don't put too much pressure on!

I will be having my dinner at school and being able to use the cutlery will give me independence and confidence when eating the lovely food.



I will do lots of drawing writing, painting and colouring at school. Mark making at home will help my fingers to become stronger and give me good practice ready to do all these great activities at school!

Use a pen or pencil to mark make

Give you child activities with mark making equipment- pens, pencils, crayons, chalk, wax crayons, paint - to scribble, draw and 'play' write. Don't over rely on the tablet for entertainment.

Develop a 'have a go' attitude!

Try and encourage your child not to give up at the first attempt if they cannot do something. Develop resilience and independence by support them to achieve until they can do it.

I am so proud of myself when I learn to do something new! Sometimes it isn't easy but I don't give up if I cannot do it by myself the first time. Things may be hard at school sometimes but I will understand that sometimes things can be tricky!



When I get to school I will do lots of great messy activities and will need to wash my hands afterwards.

Wash their hands

This is so important, especially now. There is so much advice about how to support children to wash their hands correctly and it is important to get them into good habits early.

Walk independently as much as possible

Try to encourage you child to walk and not always be carried or go in a pushchair (obviously when this is safe to do so!) This will build up their stamina as well as help their physical development.

When I get to school I will be very active - I will be outside lots and want to keep up with my friends

