



## **Here are some simple things you can do to help your child get ready for their first day**

- Sharing and enjoying books is the first step towards learning to read so visit your local library and sign up for the Summer Reading Challenge.
- Encourage your child's independence over the summer holidays. Going to the toilet, dressing and undressing, blowing their own nose and putting shoes on are all skills that will help them settle into the school routine. Let your child practice by dressing up in their new uniform and PE kit.
- Make independent dressing easier by choosing school uniform with elastic waistbands and shoes with velcro fastenings. Help your child to put their shoes on the right feet by marking the bottom of the pair with a smiley face. Draw half the face on each shoe so they need to be matched correctly to make the picture.
- Encourage your child to recognise their name, mark their uniform, shoes, bag etc. and show them where the labels are. Make sure you know what else they need to take each day (book bag, drink, sun hat etc.).
- Get into a bedtime routine before starting school by having some early nights and practising getting ready and out of the door in the morning. Do a practice journey to school and time how long it will take to avoid rushing and help keep the mornings calm and manageable.
- Spend time talking about what school will be like and reassuring them if they have any worries. Talk about playtime, school dinners, assembly and who to talk to if they need help.