

## Preparing your child for School

The months leading up to your child starting school are a precious time for you and your child to prepare for the challenges ahead. Here are some things to practise with your child which will help them settle into school life at Queenswell.

### **Make sure your child can use the toilet independently.**

Being able to use the toilet independently is very rewarding for young children and gives them a great sense of confidence.

At school, we have child-sized toilets which are specifically designed for young children to be able to use independently.

If your child is not yet fully toilet trained, try to work on this over the holidays before school starts.



### **Help your child to become an independent eater.**

All of the children eat together in the lunch hall and this experience can be challenging for some children. Encouraging your child to use a knife and fork will make them feel more confident in their new environment.



### **Help your child to communicate to the teachers.**

If your child is new to English introduce basic words for example; toilet, water, fruit, coat, shoes, please, thank you and basic phrases like, I need the toilet, I have hurt my knee, Can you help me please?

### **Teach your child to recognize their name.**

When starting school, your child will have their own coat peg and drawer with their name on. Write your child's name and leave it somewhere they will see daily to help them learn to recognize it. Only use a capital letter at the beginning, and lower-case letters for the rest.

**Emma**

Practicing writing their own name will also help your child to settle well into school life.

### **Encourage your child to dress themselves.**

To make dressing easier for your child, practise doing up buttons and buy shoes with Velcro or buckles rather than laces.



Practise getting dressed in the mornings by laying out each item of clothing, show your child how to put them on and then let them do it themselves.

You may need to do this lots of times before they are confident to do it, but keep trying. They will feel a great sense of achievement when they can do it (and it will make your life easier too!)

### **Teach your child to wash their hands.**

Hand washing is an important way of stop the spread of germs and prevent illness. Teach your child to wash their hands after visiting the toilet and before eating.



Visit the link below to see a hand washing video for young children produced by the NHS.

<https://www.youtube.com/watch?v=S9VjeiWLnEg>