

# GET YOUR CHILD READY FOR SCHOOL

## Getting Dressed

Make a game of turning clothes inside out and letting your child put them the right way.

## Maths

Practice counting objects with your child, especially moving objects such as ducks at the park.

## Phonics

Help them to identify their own name - this is the only important thing they need to read before reception.

## Life Skills

Give your child lessons in using a knife and fork to eat with and encourage them to use them.

## Social Skills

Help your child to be able to sit still and listen for short periods by sitting with them and completing activities such as colouring.

## Attitude

Help your child to tidy-up and look after their own things independently by giving them jobs around the house.

## Transitions

Get into regular routines with your child, including:

- \* A smooth morning routine **before** the start of the school term
- \* An easy to follow bedtime routine, including a story or other calm activity that will help them get to sleep at a reasonable time
- \* Talking to your child about their day, maybe at meal times
- \* Encourage them to remember what they did and when, so they will be able to tell you all about school