

## Preparing your child for School

### Encourage your child to:

- dress/undress/wash/brush teeth
- fasten/unfasten shoes/clothes
- blow own nose
- use a knife/fork/spoon/cup/mug
- recognise own possessions
- know their own name, address, telephone number
- use the toilet unaided

Many of these skills can be achieved easily by your child with your help.

When dressing let your child choose between two jumpers, shirts, trousers, skirts, dresses / Talk about the colour of what they have chosen and why / Help your child recognise their own name by marking clothes with a tag or ball point pen /Encourage your child to eat with a knife, fork or spoon and to drink from a mug or cup.

These are some of the skills that will help your **child** to become **confident and independent**.

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### Learning with your child:

- read together, simple stories with large print and colourful pictures if possible
- sing to and recite rhymes with your child
- go shopping together
- include your child in making a list of things you are going to buy and to make their own list
- allow your child some money to buy items on their list
- make a point of using proper crossing points when crossing the road
- when no proper crossing point is available cross away from parked cars, corners etc.
- invite your child to join in with you when cooking and talk about what you are doing
- encourage your child to play with water, in the bath, washing-up etc.
- encourage your child to play outdoors and to help you doing the garden
- if you can provide sand in the garden or elsewhere encourage your child to play with this
- talk to each other and listen to what your child is Many of these skills can be achieved easily by your saying and encourage them to listen to you
- child with your help. include your child in everyday activities such as tidying up, laying the table etc.
- take your child to visit friends with children of a similar age and have them visit you

These are some of the activities that can help in the formation of good child parent relationships and are invaluable. Remember you rarely get the chance to repeat them.

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### **Learning experiences**

You can help your **child to learn** by including them in your daily routine, talk them through what they are doing, make them aware of their environment, count the cars, buses trucks that go by, discuss their colours, shape, size, names, numbers. Point out different houses, shops, buildings, and generally encourage them to be aware of their immediate environment and any changes that may take place, daily, weekly or seasonal. This type of active learning is essential to your child's **development** and can help make your relationship more positive.

The experiences you give your child at home are invaluable and help to extend your child's thinking and reasoning skills, giving them confidence in their own ability and enabling them to make good sense of their environment.