# Ready to START SCHOOL

An easy guide to help your child to be

...ready for school
...ready to learn
...ready to succeed

PETERBOROUGH CITY COUNCIL

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There are lots of things you can do to get your child ready for school. When your child starts school it will help to be able to do the following:

**In Peterborough we have worked together to help every parent and carer to get their child ready to START school.**

To do well in school children need to practise using pencils, paintbrushes, knives and forks; to listen and share and to say what they need.

This leaflet will give you tips so that you can make sure your child is ready for school.

Do not worry if your child cannot do these things by the time they start school: just keep practising together. If you need help use the contacts overleaf.

If your child is ready to start school it is likely that they will do well in their whole education and get a job they enjoy.

You are your child's first teacher: trying the tips in this leaflet will really help your child to like learning, feel good about themselves and be happy to start school.

## S — Shoes, socks and put on clothes

- ☑ Show your child, then encourage them to keep practising
- ☑ Allow extra time in the mornings or when going out
- ☑ Think about clothes and shoes that will be easier to get on and off. Make sure clothes and shoes have name labels
- ☑ Choose clothes depending on the weather
- ☑ Practise making sure clothes and shoes are the right way round
- ☑ Practise buttons and zips
- ☑ Let your child practise putting on their school uniform
- ☑ Aim for them to get faster at getting dressed: make it a fun game
- ☑ Give positive praise for trying

## T — Talk, listen, share and follow instructions

- ☑ Switch off technology for a while
- ☑ Talk to your child about what you are doing around the house
- ☑ Talk to your child about what they can see/hear/smell/feel/taste
- ☑ Take your child to meet other children
- ☑ Sing songs, read stories or share a book and talk about the pictures daily
- ☑ In the evening, talk to your child about their day
- ☑ Encourage turn taking within the family
- ☑ Praise your child for following clear instructions
- ☑ Borrow books from your library. It's free

## A — Ask for help

- ☑ Encourage your child to have a go at things and to ask for help when they need it
- ☑ Model how to ask for help using a full sentence: "Please can you help me?"
- ☑ Let your child ask for things in shops, and be involved in choosing and paying when they're old enough
- ☑ Talk about who to ask and find out who they have good relationships with - such as teachers, other children and nursery staff
- ☑ Tell your child that it is ok to ask for help
- ☑ Visit your library to choose a book with your child
- ☑ Play alongside your child and talk about what you are doing

## R — Ready to try different foods and tools

- ☑ Find fun activities to get the hands and fingers moving e.g. playdough and Lego®
- ☑ Sing and play finger rhymes e.g. Tommy Thumb
- ☑ Use pencils, crayons and paintbrushes to practise drawing and painting
- ☑ Buy and explore new foods together
- ☑ Show your child how to hold and use a knife, fork, spoon and scissors
- ☑ Give your child a child-sized portion
- ☑ Eat family meals together
- ☑ Praise your child for trying new foods and using different tools

## T — Toilet on their own

- ☑ Talk to your child about using the toilet and washing their hands
- ☑ Show your child how to wash and dry their hands
- ☑ Remind your child to wash their hands after the toilet and before eating
- ☑ Make sure your child wears clothes they can take down themselves
- ☑ Give positive praise for trying to do this independently
- ☑ Try using a reward chart to encourage your child
- ☑ Ask for support from your health visiting team (aged 0-5years) or school nurse (school age child)
- ☑ Tell your child it's ok to ask to use the toilet at school

Build your child's confidence so that they start school curious and ready to learn.
Positive encouragement from you will enable your child to feel good about themselves.

**For further information and other helpful facts visit www.peterborough.gov.uk/START**

Ready to

# START SCHOOL

Tips and helpful advice

**www.peterborough.gov.uk/START**

**Apply for your child's school place in good time: the closing date is 15 January each year.**

- If you have any worries talk to your child's Key Worker, Health Visitor or GP
- Has your child had their preschool vaccinations?
- Attend a nursery, preschool or childminding setting, as this will support your child develop all the skills they need to be ready to start school
- Talk to your child about the school day and visit the local schools
- Let your child practise putting on their school uniform
- Be on time for preschool / nursery / childminder every day
- Take your child to your local library. It is free to join and free to borrow books
- Read to your child every day
- For more useful tips and advice also visit **www.pacey.org.uk**

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**Visit www.peterborough.gov.uk/START or call 01733 747474 for more information**

# Signpost to services

## Some useful and helpful contacts

### NHS Choices

Information and contact details for health and additional support on topics such as:

- potty training
- healthy eating
- common childhood illnesses
- common sleep problems in children
- childhood allergies

**www.nhs.uk**

### Barnardo's

Find your local Children's Centre where there are play sessions, as well as family support

**www.barnardos.org.uk/childrenscentres/cc-search**

### Bookstart

Find information about books: Look at the online activities to support reading and writing

**www.bookstart.org.uk**

### Spurgeons

Find your local Children's Centre where there are play sessions, as well as family support

**www.spurgeons.org**

### Peterborough City Council Admissions

All the information you need to register your child for a school place in Peterborough

**www.peterborough.gov.uk/residents/schools-and-education/school-admissions**

### Cambridgeshire and Peterborough NHS Foundation Trust

Find local information on who to contact for health and well-being services

**www.cpft.nhs.uk**

### National Literacy Trust

For more information about the Peterborough Literacy Campaign and how to get involved

**www.literacytrust.org.uk/peterborough**

### Peterborough Early Years

Information about free two year old funding and other information linked to Early Years and Childcare

**www.facebook.com/PeterboroughEarlyYears**

### Peterborough City Council

Find a range of services that the council provides to support you and your child

**www.peterborough.gov.uk**

### Families Information Service

Free information and help on all aspects of childcare and family life in Peterborough

**www.peterborough.gov.uk/fis**

### Vivacity

Find your local library that runs story-telling and rhyme time sessions

**www.vivacity-peterborough.com**

### FOUNDATION YEARS
Great early years & childcare

When your child starts school they will continue with the **Early Years Foundation Stage (EYFS)** which is a play-based curriculum. Attending a preschool, day nursery or childminding setting from an early age will introduce your child to the **Early Years Foundation Stage (EYFS)**

This play-based curriculum will continue through their first year at school

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PETERBOROUGH LITERACY CAMPAIGN
peterboroughliteracy.co.uk

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