

Where to go for help

Remember there is no such thing as a silly question, if there is something you are not sure of ask!

- If you are concerned about your child's development contact your health visitor or attend your local child health clinic for support
- Attend your local children's centre—ask to speak to their school readiness champion
- Contact your child's school, speak to the learning mentor, SENCO, the FS2 teacher or the head teacher.
- Speak to your child's current nursery setting, they may be able to signpost you for further support.

Alvaston Children's Centre, 875 London Road, Alvaston, Derby, DE24 8UZ. (01332) 757991

Audrey Drive Children's Centre, 3 Audrey Drive, Chaddesden, Derby, DE21 4NP. (01332) 670634

Austin/Sunnyhill Children's Centre, Browning Street, Normanton, Derby, DE23 8DN. (01332) 718841

Becket Children's Centre, 35 Stockbrook Street, Derby, DE22 3WR. (01332) 380134

Boulton Children's Centre, 47b Holbrook Road, Alvaston, Derby, DE24 0DD. (01332) 574902

Derwent Family, Youth and Community Centre, Monmouth Street, Derby, DE21 6BD. (01332) 385321

Mackworth/Morley Children's Centre, Reigate Drive, Mackworth, Derby, DE22 4EQ. (01332) 208175

Osmaston/Allenton Children's Centre, 60 Cockayne Street, North Allenton, Derby, DE24 8XB. (01332) 715620

Rosehill Children's Centre, The Big Building, 17-19 Lower Dale Road, Normanton, Derby, DE23 6WY. (01332) 641315

Sinfin Children's Centre, Sinfin Lane, Sinfin Moor, Derby, DE24 9PG. (01332) 718787

Starting school

Information and advice on helping you
to prepare your child for school



Idea's to try with your child

- Take a walk past your child's school, look at the playground, talk with your child about what games they might play and where they might line up.
- Has your child's school got a website/social media page? If so have a look together, look at photographs of the school and the teachers and talk about school.
- Provide opportunities to learn through play – spend time together reading, singing and playing.
- Provide the opportunity for your child to respond to and recognise their name.
- Give your child the opportunity to solve problems (such as turning one arm of their coat inside out) and see how they respond. Do they do it themselves or can they ask for help?
- Visit your local children's centre over the summer break, they have a range of activities to support your child's school readiness skills.



Routines

- Over the summer holidays allow time for your child to play and rest.
- Keep to bedtime routines particularly towards the end of the summer break as tired, grumpy children are harder to manage.
- Be organised – have everything ready that you need.
- Involve your child in getting their uniform and book bag ready the night before.

Top tip:

Practice the journey to school - see how long it takes so you can make sure you are on time as it could be very scary to walk into a class that has already started the day.



Emotions

- Your child will pick up on your emotions, so if you're worried/ anxious about your child starting school they may become worried/anxious too.
- Discuss and explore emotions with your child, this will help them to learn to recognise emotions within themselves and others.

Top tip:

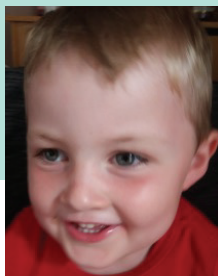
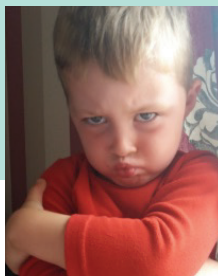
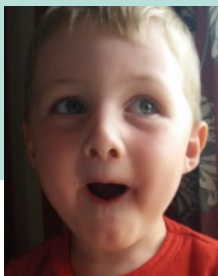
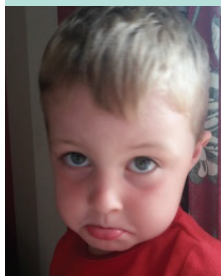
Say a quick goodbye to your child on their first day—don't hang around as this may unsettle your child.

Top tip:

If you have worries about your child starting school talk to a member of the school staff.

Top tip:

Show your child where you will be at the end of the day to reassure them that you are coming back.



Self-help skills

- Provide your child with the opportunity to dress and undress independently each day.
- Encourage your child to learn how to put on and take off their coat and shoes.
- Over the summer break give your child the opportunity to practice putting their uniform and PE kit on and taking it off and placing it in a pile (they will have to do this for PE).
- Encourage children to manage their own toileting – wiping their own bottoms and washing their hands independently.

Top tip:

Choose trousers/ skirts with elasticated waists and jumpers without buttons. Choose Shoes with Velcro fastenings.

Top tip:

Teach your child how to recognise their name and make sure their name is in **all** of the clothing so they can recognise what belongs to them.



Talk about school

- Use school related language with your child- talk about PE, assembly, register; the hall, explain what these are as these will be new experiences for your child.
- Practice giving simple instructions to your child to follow such as – “hang up your coat and sit down at the table” – your child will experience instructions like this in school.
- Talk to your child about school, what activities they might do, who their teacher is, which friends will be at school with them.

Top tip:

Keep the talk positive, talk about when you went to school and the things you liked best about school



Practising for lunch time

- Give your children the opportunity to make small choices at meal times as they may need to do this at school.
- Encourage your child to carry their own plate from the kitchen to the table/living room and once finished from the table/living room into the kitchen.
- Encourage your children to practice scraping their left overs in to the bin – they may need to do this in school.
- If your child is taking a lunch box- ensure that they can open and close it all by themselves.
- Encourage your children to choose the cutlery they will need for their meal and let them help you to set the table.

Top tip:

Involve your child in preparing food and setting the table. Encourage your child to use their cutlery by themselves — teach them how to cut up their own dinner

