



Ready to



# START SCHOOL

An easy guide to help  
your child to be

...ready for school

...ready to learn

...ready to succeed



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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 do the following:

At Bridge Schools we look forward to welcoming your child in September.

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.

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** **E** **T** **A** **R** **T**

**Shoes, socks and put on clothes**

- Show your child, then encourage them to keep practising
- Practice putting things in to PE bags and book bags then getting them out again
- 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

**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.
- Count everything!

**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
- Play alongside your child and talk about what you are doing

**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

**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 0-5 years) 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.  
 Talk positively about school with your child and discuss the school day.  
 Positive encouragement from you will enable your child to feel good about themselves.**

# 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](http://www.nhs.uk)

## Bookstart

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

[www.bookstart.org.uk](http://www.bookstart.org.uk)

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

## Cornwall Council Admissions

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

[www.cornwall.gov.uk/residents/schools-and-education/school-admissions](http://www.cornwall.gov.uk/residents/schools-and-education/school-admissions)

## Cornwall NHS Foundation Trust

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

[www.cornwall.nhs.uk](http://www.cornwall.nhs.uk)

## National Literacy Trust

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

[www.literacytrust.org.uk/cornwall](http://www.literacytrust.org.uk/cornwall)

## Cornwall Early Years

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

[www.facebook.com/CornwallEarlyYears](http://www.facebook.com/CornwallEarlyYears)

## Cornwall Council

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

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

## Families Information Service

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

[www.cornwall.gov.uk/fis](http://www.cornwall.gov.uk/fis)

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



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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stronger together

Please visit your school website or call to arrange a visit.