

# How can you help me prepare for big school?



## Lunchtimes

- If I am having a **packed lunch**, let me practise opening and closing my lunch box, opening packets/drinks cartons. Please find out if any foods are not allowed so that I have the right things in my lunch box.
- If I am having a **school dinner**, let me use cutlery to pick up and to cut food. Encourage me to try new foods as well as drink from a cup.

## Dressing and undressing

- I need to be able to dress and undress for things such as PE completely by myself as you won't be there to help me
- Help me to organise my things by putting them in my bag and practise using the new buttons, zips, fasteners, and Velcro on my school clothes
- I need to be able to put my shoes on the correct feet
- Show me what you have packed in my bag so that I know it is mine.

I need to be able to go to school without my comforter or special toy - can you help me practise this over the summer holidays?

I will meet lots of new grown-ups and need to be able to ask them for help if I need it

- Can I order food and drinks in a restaurant/café?
- Can I pay for things in shops or ask questions?

## Using the toilet and self-care

- I need to care for my basic needs, such as being able to blow my nose and clean myself after I have been to the toilet
- Let me practise turning on and off taps at home and in public toilets when washing my hands
- Remind me to flush the toilet
- Encourage me to wash my hands with soap and dry my hands thoroughly.

Play simple turn taking games with me like snap, pairs or snakes and ladders. Share books and stories with me.

Help me to be on time for school as it is hard to catch up when the lesson has started and it makes me nervous to walk into the room late.

Length of the day - I will be at school longer than at nursery

- I need to understand how the day works until home time, practise using words like before, next, after, at the end of the day
- Help me get used to routines, eg bath, story, then bedtime.

My friends are really important to me. Can we have playdates or picnics in the summer with friends who will be going to the same school as me?

Find out how I say goodbye to you as I don't want you to be sad - is it on the playground, in the classroom, in the cloakroom?