



# TOP TIPS

for helping your child be ready for school

Bed time and sleep routines are important so that your child arrives at schools with lots of energy, and is able to concentrate and enjoy their day. Now is a good time to review this.



Allowing your child time to practice putting their shoes and coat on and off will help to prepare them for playtime and PE at school.

You can find useful hints and tips at [www.pacey.org.uk](http://www.pacey.org.uk)

Helping your child with washing their hands before food and after using the toilet will make it easier for them to be independent throughout the school day and reduce the spread of infection.



**Starting School** is an exciting and important time for your child. To make sure your child is able to settle into school, enjoy and be ready to learn here are some **top tips** that you may find useful.



Allowing your child to try a variety of healthy foods, sitting at the table for meals and using a knife, fork and spoon will help your child be happier when faced with new experiences during mealtimes with their class.

Ideas for healthy snacking and food can be found at [www.Change4Life.co.uk](http://www.Change4Life.co.uk)

Your child will be more confident in using the toilet at school if they have had the opportunity to practice at home. Your child will need to be able to pull their underwear up and down and wipe their own bottom. If your child is not fully toilet trained throughout the day please contact your health visitor or school Nurse for support and advice as soon as possible.

A useful website for tips is [www.eric.org.uk](http://www.eric.org.uk)

Practice walking to your child's school, this will help your child to learn the importance of road safety skills.



A useful website for hints and tips is [www.think.direct.gov.uk](http://www.think.direct.gov.uk)

To talk to your School Nurse or Health Visitor for further information please contact us on:

Ashton: 0161 342 7830

Droylsden/Denton: 0161 366 2100

Hyde: 0161 366 2250

Hattersley: 0161 366 3900

Stalybridge, Dukinfield and Mossley: 0161 366 2120



The week before your child goes to school complete this award chart with them, for every activity they complete that week, give them a smiley face!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sat at the table using a fork, knife and spoon while eating their meals							
Wash their hands before a meal and after using the toilet							
Was able to use the toilet by themselves							
Was able to put their coat and shoes on by themselves before playing outside							
Went to bed when asked by mum or dad							
Looked left and right when crossing the road to see if it was safe							