
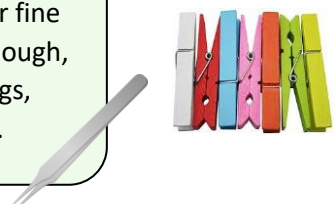



## Help your child be ready for school



Help them to develop their strength - activities such as moving around, rolling, playing, climbing, using a ride on toy, chasing games and ball games all build strength. Give your child lots of opportunities to play outside if you can.




Help them develop their fine motor skills - play with dough, threading, gloop, tongs, tweezers and pegs.




Help them develop their confidence in trying new things - give them time to develop skills, practice, make mistakes and try for themselves. Give your child lots of positive praise for trying.




Help them to be able to make choices - give them the opportunity to make choices about what they might like to eat or play as this will help them express themselves.




Help them to recognise and respond to their name - label their things at home and their clothes for school. A symbol or picture may help them recognise it as their object / toy.



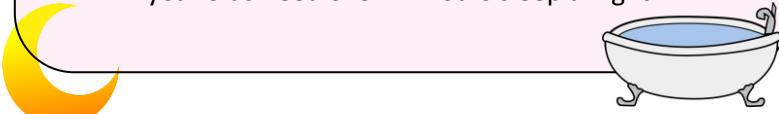
Support your child to be able to build relationships with others. Virtual calls or sending pictures and photographs to other family members and friends can help your child connect with others and develop interactions.



Show your child how to ask for help – either verbally, using a sign, a picture or an object.



Help them to develop their attention and focus - give them opportunities to play independently, follow their interests and become engaged in play. Spend time with your child playing games and reading books as being able to share attention with someone else is an important skill.



Make sure they have enough sleep - a regular bedtime routine will help a child sleep well. A bath and story before bed can be calming and a nice way to spend time with your child. Keep technology such as television and tablets for other times in the day. The NHS recommends that 4 year olds need over 11 hours sleep a night.

Make talking, singing, reading, tidying away, doing activities together part of your daily routine.

Talk to the school so they know all about your child. Tell them what your child likes, dislikes, activities they enjoy, what their strengths are and what they might need help with. During your daily walk if you can walk past the school so your child can become familiar with it.