

Ready for school?

A Parent's Guide



**A checklist to support your child to have a happy
and successful start to their school life**

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Luton



How do you feel about your child starting school?

A survey carried out by PACEY* (2015) found that 71% of parents are anxious about their child starting school.

Some common concerns are about:

- sleeping or eating
- toileting needs
- behaviour
- learning
- providing school uniform and equipment
- your child not knowing anyone at their new school
- finding before and after school childcare

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If you have any concerns please contact one of the following:

- your child's current nursery
- the Child Health Clinic at your local Flying Start Children's Centre
- your Health Visitor—duty desk 0333 405 0090
- the family worker or inclusion/special educational needs coordinator at your child's new school.

* Professional Association for Childcare and Early Years



Ready for school checklist

By June or July have you:

- ✓ told your child's current nursery [if they attend one] which school they will be going to?
- ✓ got a date for a home visit or a date when you can visit your child's new school?
- ✓ shared your child's learning journey or most recent report from nursery with the new school?
- ✓ got contact details for your child's new school? You can contact the school before your child starts if you have any concerns
- ✓ met your child's new teacher or teaching assistant?
- ✓ informed your child's new school of any other professionals involved with your child; such as the Edwin Lobo Centre, CAMHS team, SENS team, Speech Therapist, Educational Psychologists, Children's Centre Family Worker, Health Visitors or Children's Social Care? This will help the school to best support your child from the start.
- ✓ ensured your child's immunisations are up to date – please speak to your GP practice or Duty Health Visitor.
- ✓ visited the Flying Start website for videos to show how you can support your child during the summer months?

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Please turn over for a list of key things to help your child to be ready for school



Helping your child to be ready for school

Visit the Flying Start website for videos of fun activities to do with your child during the summer months to get ready for school

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- **Talk with your child** as you do everyday things such as going shopping and to the park. Try turning your phone to silent so that you can give your child your full attention during these times. This is really important to help them to understand new words and will help them with reading and writing when they start school.
- **Read with your child.** Research shows that just 10 minutes of reading every day is one of the best ways you can support your child's education.
- **Count with your child.** Count the number of cars you see or the number of steps as you go up or down. Point out numbers and shapes in the environment. Count backwards and BLAST OFF when you get to zero!
- **Play listening games** and sing simple songs and rhymes with your child. This will help them with early phonics.
- **Encourage independence skills** with your child before they start school, such as eating with a knife and fork, drinking from a cup, putting shoes and coats on and taking them off, going to the toilet unaided and dressing and undressing like they will do for PE in school.
- **Encourage your child to hang up their coat and tidy away their toys.** This will prepare them for doing this at school.
- **Support your child to join in and share toys with other children.** Children generally make friends easily, however it can be useful to teach them phrases such as 'Can I play?' and 'Can I play with that after you?'
- **Provide daily physical activity** for your child to develop coordination skills and strong muscles. Finger exercises such as rolling, squeezing and playing with dough are also useful to help develop the muscles needed for early writing.

Please note that all children develop at different rates and some will need more support than others with these activities.