

Helping Your Child to Settle

There are lots of ways that you can support your child during their transition to school.

- Ensure that they can dress and undress themselves - especially on PE days!
You can support independence by modelling how to turn clothes the right way when they have been taken off and become inside out. Modelling and supporting your child to dress themselves each day gives them lots of practise.
- Help them to be independent with their toileting skills – going to the toilet, wiping and washing hands.
- Reading to your child supports their listening skills, encourage your child to listen to you read then take turns to talk about the illustrations and ask questions about the story. A bedtime story most nights supports your child's language development by hearing you read to them. It helps them to use their imagination and provides ideas to then use in their own play whilst also encourages a love of reading.
- Recognising their own name will support their confidence in finding where to put their belongings. Your child will have a named peg. You can model to your child the letter names in their own name and encourage them to repeat back to you.
- Help them to develop the confidence to communicate with new people.
- Practise speaking in full sentences of 6 or more words. Modelling full sentences when your child uses 1 word answers will build their communication skills.
- Playing games to practise turn taking and sharing. Games and puzzles are a great way to support your child in developing these key skills.
- Help them to master basic cutlery skills - if your child will be having hot dinners, they will be using a knife and fork which can be tricky. Show your child how to cut up food and how to hold cutlery comfortably.

*Think about packaging in lunchboxes, for example, yoghurt tubes can be tricky to open.