

Parents:

I am supporting my child to:

- 1 Become independent with toileting.
- 2 Have a regular bedtime routine. (I will ask for support if I am finding this difficult).
- 3 Practise getting dressed and undressed independently.
- 4 Try new foods. I will encourage my child to eat at the table, using a knife, fork and spoon.
- 5 Keep their toys tidy and look after their belongings.
- 6 Develop their communication skills by playing, talking and reading with them.
- 7 Stay interested in a variety of activities to develop their concentration skills.
- 8 Try new activities with my child and ask them how it makes them feel. I will reassure my child that it is OK to make mistakes.
- 9 Play with other children.
- 10 Explore new places and interact with new people.



top tips:



Encourage them to use the toilet regularly throughout the day.



Focus & praise what they eat, instead of what they are not eating.



During play encourage your child to share wait and take turns.



Have a bedtime routine: bath, story, cuddle & encourage them to settle themselves.



Encourage & reward tidying up their toys and belongings.



Encourage them to try new things & praise them for their efforts.



Children often get their clothes the wrong way round, try to show them the difference!



Encourage them to chat about their feelings, ideas & needs.



Encourage them to play by themselves & alongside their friends.

Ready for School

Guide for Parents and Professionals.

Every child is unique, and their developmental needs may vary. This guidance provides a general overview of strategies to support growth and development. Support for each child should be responsive to their needs.



Child:

Early Years:

Schools:

I am working towards being able to:

We will support you by:

We will continue to support you by:



1 Manage my toileting needs and wash my hands with adult support if needed.

1 Working with you to toilet train your child.

1 Encouraging your child's personal hygiene, so they stay clean and dry at school.



2 Go to sleep by myself so that I have enough energy to learn and play at school and with adult support if needed.

2 Talking with you if your child struggles with their day.

2 Giving advice on bedtime routine and teaching your child why having enough sleep is good for them.



3 Take my coat off and get dressed and undressed with some help

3 Encouraging your child to practice their self-care skills.

3 Supporting your child to take care of themselves.



4 Feed myself using a knife, fork and spoon and enjoy sitting at a table with my friends and family

4 Planning activities about food and healthy lifestyle choices.

4 Teaching your child why healthy eating, keeping clean and regular exercise is important.



5 Tidy my toys and care for my belongings. I am starting to show an awareness of my environment.

5 Encouraging your child to care for their belongings and the world around them.

5 Encouraging your child to care for living things and the world around them.



6 Ask for help, be understood, follow simple instructions and share my ideas through speaking, pointing or signing.

6 Encouraging good communication skills by using a wide range of language.

6 Planning activities which will teach your child word patterns, sounds and rhymes.



7 Listen for a short period of time to a story and stay interested in an activity of my choosing

7 Encouraging your child to take part in listening and creative activities.

7 Planning activities that encourage your child to concentrate and sit quietly. We will encourage them to pay attention to what others say and to respond.



8 Confidently try new things and not worry if things go wrong.

8 Providing a safe space which encourages your child to explore their surroundings. We will plan activities that challenge your child.

8 Helping your child to feel good and celebrate their achievements. We will encourage your child to ask for help if they need it.



9 Make friends and enjoy playing kindly with other children.

9 Encouraging your child to play well with others and by themselves. We will set clear behaviour rules.

9 Encouraging your child to have good relationships & be thoughtful of other people's needs & feelings.



10 Confidently be away from my parents/carer.

10 Building a positive relationship with your child and get to know them individually.

10 Ensuring that the classroom and outdoor spaces are welcoming, encouraging your child to explore.