R

Ready for new challenges?

- Encourage your child to try new activities, embrace new challenges
- Encourage your child to try new foods
- Do some art and craft activities using a range of tools - can they control a pencil, paintbrush, or scissors?
- Ensure your child can use a knife, fork & spoon to eat a range of meals unaided
- Celebrate new attempts at things after making mistakes
- Encourage lots of outdoor activities, taking safe and supervised risks
- Can your child recognise his/her name and try and write it?

E

Engages in play and conversations with others

- Practise taking turns while playing games and puzzles
- Encourage phone/video calls with family and friends where your child can speak freely
- When you are out for walks, talk to your child about what they can see, hear, smell, or feel
- Encourage new vocabulary e.g. learning the names of different animals and plants
- Use clear and simple instructions for your child to follow alone
- Discuss what your child has enjoyed about their day before bedtime
- Share fiction and non-fiction books and talk about what is happening and what might happen
- Listen to (and join in with) songs and nursery rhymes

A

Able to ask for help when needed

- Encourage your child to be as independent as possible and to ask for help when they need it
- Encourage them to try once more by themselves before you help
- Explain to your child how to do something themselves by modelling the behaviour yourself, if you can
- Ask your child to help you sometimes and thank them for making something easier for you
- Talk to your child about people in the community who are there to help us
- Talk to your child about who will be there to help when they are at school

D

Dress and go to the toilet independently

- Encourage dressing independently including buttons, zips and putting shoes on and off
- Explain how they can dress rather than doing it for them
- Practise dressing skills with teddies/dolls if you have them
- Practise putting on and taking off school uniform and PE kit
- Ensure that your child can clean themselves independently after going to the toilet
- Ensure they know the importance of washing their hands properly after the toilet and before meals
- Explain that at school you need to ask to go to the toilet so that adults know where you are going

Y

YOU ARE READY FOR SCHOOL AND WE ARE READY FOR YOU!

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