



The Journey to School

Helping ALL children have a smoother transition into school

Develop an interest in stories, sounds and numbers (explore rhyming words)

A bedtime story helps with a bedtime routine (turn pages together and look at the pictures)

Talk to your child in your home language

Enjoy play

- Follow your child's lead
- Drawing, painting or mark making
- Turn taking activities

Support your child to brush their teeth twice per day and visit the dentist regularly

Look up the school route and point when you pass

Talk to them positively about starting school



Support your child to:

- Get dressed independently (practise closing buttons, putting on socks and shoes, zips)
- Go to the toilet and wiping their bottom on their own
- Cut food using a knife and fork
- Tidy up their toys
- Recognise their name in writing and to consistently respond to it verbally (create a named coat peg at home)

If your child has additional needs and/or disabilities, please also consider:

- Communicating with the school SENCO. Arrange transition visits and a home visit with class teacher if possible.
- Ensure your child's Early Years setting has shared a 'transition report' or 'one-page profile' with the school.
- Share photos of the new class teacher, classroom and play areas with your child to support their transition into school.

Follow your child's interests

- Discuss what you see, hear, feel, smell and taste
- Count, sort and measure in everyday activities.
- Explore nature and get out in the fresh air

Try to limit screen time each day, especially at night. Screen time can be very exciting and engaging for children but can be addictive and stop children being as curious and creative as they are when screens are not around

Buy school uniform early and let your child get used to wearing it in the summer holidays.

Allow your child to choose their lunch box or water bottle and become familiar with them before starting school. Find out the school meal choices and allow your child to choose a meal they like

Try to embed routines to help prepare for having 5 days at school. In the lead up to starting school try to get up the same time each day and make mealtimes and bedtimes become routine

