

# Getting ready for school in Warwickshire

Ready  
to Learn  
Ready  
for Life



This leaflet is a simple guide to help get your child ready for school. Children are all different and make progress at different rates, so if your child can't do all these things, your child's school can advise you or your health visitor.

Extra help is  
available from:

**Family  
Information  
Service:**

**01926 742274**

<https://www.warwickshire.gov.uk/children-families>

**School Health  
& Wellbeing:**

Parents/carers can call the service on **03300 245 204** or text Parentline on **07520 619 376**.

**Health Visiting:**

To speak to a Health Visitor, please ring your local health Visiting Team or text Chat Health on **07520 615293**

Contact details are available online: [bit.ly/2ZnNHnr](https://bit.ly/2ZnNHnr)

# There are lots of simple things you can do at home to help your child get ready for school:

## Enjoy books, rhymes and songs

- Sing nursery rhymes together
- Read books with your child
- Join virtual story time and song time sessions run by Children & Family Centres: [www.warwickshire.gov.uk/childrenandfamilycentres](http://www.warwickshire.gov.uk/childrenandfamilycentres)

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## Help them enjoy meal times

- Prepare and eat food together
- Enjoy meals without the TV
- Picnic in the garden
- Learn how to use a knife and fork
- Learn to drink from an open cup

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## Go to the toilet and wash their hands

- Encourage independence, to wipe themselves, flush the toilet and wash their hands
- Elasticated waistbands help your child to be independent
- Contact your health visitor if you are having toilet training problems after age 3

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## Join in with active play

- Make a simple assault course in the garden – jump over a broom handle, crawl under a blanket, hop on one foot, throw a ball into a bucket
- Make healthy snacks together; peeling and cutting fruit and veg
- Help with simple safe housework like dusting or sorting the recycling

## Explore and investigate

- Measure objects around the house or garden with hands or feet
  - Play timing games- how long does it take to put your coat and hat on?
  - Explore the house with a magnet
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## Take turns and share

- Play games together
  - Learn to take turns with games
  - Fill a pillowcase and guess what is inside by feeling the outside
  - The disappearing tray ( fill a tray and remove an object and guess what it is)
  - Play simple card games and simple matching games
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## Recognise their name in full

- Use their full name and show it to them written down
  - Label bags and drawings with your child's name
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## Listen and follow simple instructions

- Use simple instructions and then add another: go and get your shoes; go and get your shoes and put them in the box
- Play hiding games in the garden: hide objects and give clues (it's up high, it's behind, it's under the...)
- Play sorting games: sort all the animals into one box, all the cars into another sort bricks into colours and sizes



## Dress and undress

- Encourage your child to dress and undress themselves
  - Encourage your child to put their own shoes on
  - Teach your child to hang their coat up
  - Teach your child to tidy their clothes
  - Add fun by timing them - who can be the fastest?
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## Have fun with pretend play

- Use boxes and items for pretend play – you could play shops/schools/hospital/doctors/dentist
  - Use dressing up clothes, scarves and hats in role play games
  - Make a tent in the garden or home if weather is poor
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## Tidy up and look after toys

- Teach your child how to respect and value belongings
  - Tidying up is important, make it a game to keep it fun
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## Join in with fun things to do at home

- Play pouring games using funnels, cups, water and sand
- Paint or colour large stones
- Make jewellery by rolling pieces of coloured paper or strips from old magazines
- Use cardboard tubes, cotton reels, or a potato masher to make prints with paint
- Make music with pots and pans

