

# READY FOR SCHOOL?



Top tips for supporting transition

Herts for Learning  
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**Herts**  
for Learning



# Getting dressed

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At school adults will be available to help your child get dressed, put on an apron, change into wellies etc. However, try to encourage your child to practice dressing and undressing so that they are confident to do this at school independently.

- Leave plenty of time for them to get their own shoes and coat on before leaving the house
- Provide dressing up clothes for them at home
- Show them how to get dressed without 'dressing them'



# Toilet training and hand washing

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Where possible encourage your child to become independent with toileting and washing their own hands.

- Encourage your child to use the toilet at home. If they have an accident keep positive and continue to praise them when they do manage to use the toilet independently
- Ensure your child has a spare set of clothes and underwear in a named bag at school
- If your child is struggling with toileting at school ensure that you share the strategies you are using at home with your child's key person
- If you need help and advice on toilet training please contact your local Children's Centre



# Settling in

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It is natural to worry about leaving your children at school for the first time. To help your child settle some of the following may help:

- talk positively to your child about going to school
- let them 'dress up' in their uniform
- when the time comes to leave them try not to get upset yourself
- always tell them you are going and that you will be back – don't try and sneak off when they are distracted
- keep the goodbye short and positive then go!



# Learning and development

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Children learn in different ways and at different times. Your child will be learning new skills through play based activities. Some things you can do to help this process are:

- read story books, say rhymes and sing regularly with your child
- talk about things in the environment – such as road signs, packaging in the supermarket, number plates, etc
- encourage your child to listen to sounds around them, e.g. birds song, traffic noises, sirens, etc
- have containers in the bath that they can use to pour and fill
- have puzzles, strings of beads, zips, pegs, tweezers to develop fine motor control
- sing number rhymes, sort items, make patterns



# The school will work with you to develop settling strategies

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Other things that might help are:

- attending toddler groups and groups run by the Children's Centre where your child has an opportunity to socialise with other children
- leaving your child with trusted family members or friends for short periods of time, for example to go to the shops. This helps them get used to being separated from you. Remember always to tell them where you are going and when you'll be back



# Hertfordshire Children's Centres

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In Hertfordshire we have a strong ambition for children and young people to succeed. Our aim is to enable all children and young people and their families in Hertfordshire to aspire to, and achieve their full potential, giving them the foundation for a successful life.

## Children's Centres

- improve the life chances of children living in their area
- are at the hub of the community in providing a continuum of support for children, families and communities
- improve outcomes for young children and their families, this includes a focus on child development and school readiness
- respect and engage parents, through parent forums and a range of play activities for parents and children

Advice and guidance is available to support parents with their children's behaviour, development, healthy eating, learning through play and a range of other services.