

WHAT IS SCHOOL READINESS?

DON'T WORRY.....

Your child does not need to be able to write, read or do sums before they start school. Young children learn and develop mainly through play.

Supporting your child to become independent through communication, self care skills and for them to understand their own needs will prepare them for school life.



What is important is that you and your child have fun together.

Do fun things like share stories, singing songs, use your imagination, play games and talk about anything and everything.

Create opportunities every day for learning and play

**Single Point Of Access contact
Health Visitor or School Nurse**

0191 2823319

USEFUL CONTACTS

To find a **dentist** please visit [NHS CHOICES](#)

<https://www.nhs.uk/>

Healthy living

<https://www.nhs.uk/healthier-families>

Information on healthy diet, exercise and healthy teeth.



www.what0-18.nhs.uk

Toileting advice

<https://www.eric.org.uk/>

Download the free

“Poo goes to Poland” App



Emotional Support

dosemagazine.co.uk

IMPORTANT INFORMATION

Please ensure your child is registered with a dentist.

Please ensure that your child's immunisations are up to date.

Your child will have their vision, and growth checked in reception.

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0-19 Service (Summer 23)

READY FOR SCHOOL?



Starting school is a very exciting time for young children and their parents/carers.

It can also be a daunting time too.

Preparing for this next phase of life and learning can make this transition easier.

Many children settle straight into school life whilst others take a little longer.

Your child is unique and will develop at their own pace and rate.

This leaflet aims to reassure you and give you some top tips for their new adventure!



The Newcastle upon Tyne Hospitals
NHS Foundation Trust

2023 0-19 Service

HOW TO ENCOURAGE SCHOOL READINESS

Practice getting dressed and undressed

Practice fastening shoes, preferably with Velcro

Practice using a knife and fork

Practice the school morning routine

Praise and encourage effort

Using the toilet independently

Be able to wipe themselves properly

Washing their own hands

Use a tissue to blow their nose



I am practising at..... BECOMING MORE INDEPENDANT

Colour in a happy face when you can do these

Fasten my shoes



Fasten my coat



Dress and undress myself



Wash my hands before eating and after the toilet



Use a knife / fork and feed myself



Open my packed lunch box



Go to the toilet by myself



HOW TO ENCOURAGE SCHOOL READINESS

Being able to follow simple instructions and take turns

Talk about feelings and emotions

Asking questions encourage talking and wait for answers.

Create lots opportunities for play

Nutritious meals and plenty of sleep will help them concentrate, learn and thrive at school.

Have a good bedtime routine. Swap TV and electronic devices for bath time and stories.

