

There are many ways to prepare your children for starting or returning to school.  
Some of these may seem obvious which can actually make it less likely that we will actually do them!

**Things that can help include:**

- **Routine:** start to get up just before school time, eating at the table together, bath time, story & going to bed early
- **Sleep:** try and ensure your child is going to bed on time & getting 12 hours sleep before school
- **Sharing & turn taking:** playing games as a family together or simple card games will help
- **Communication:** encourage your child to give eye contact, and help them to make their needs known using hand gestures, body language or speech. I-Can charity helps children develop speech, language and communications skills follow the link in here: <https://ican.org.uk/training-licensing/i-can-programmes/>
- **Friendships:** meet up with other families in the park or talk over Zoom or Facetime, as a familiar face on the first day is reassuring for all
- **Independence:** encourage your child to dress themselves & use the toilet alone

Remember all children are unique and may not be able to do all of these things, but helping them to do them will give a better start to their learning journey.

Make sure that you tell the school about any difficulties your child may have in any of these areas.

**How will my child be taught?**

The Early Years Foundation Stage curriculum sets standards for the learning, development and care of your child from birth to 5 years. Link to a parents' guide to the EYFS here: [https://www.foundationyears.org.uk/files/2014/08/EYFS\\_Parents\\_Guide-amended.pdf](https://www.foundationyears.org.uk/files/2014/08/EYFS_Parents_Guide-amended.pdf)

Your child will mostly be taught through games and play.

**The areas of learning are:**

- communication and language
- physical development
- personal, social and emotional development
- literacy
- mathematics
- understanding the world
- expressive arts and design

**School checklist**

On the first day of school have a check list, such as this one down loaded from the internet, or even better make it together. Try it out a couple of times before their first day - you could even get your child to put on their new uniform & shoes as a dry run to prepare them!



For more information about the parenting support available, please contact the Parenting Team via our Facebook page, or by email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)

Weekly parenting themed tweets can be viewed on our Facebook page, or via the school nurse twitter feed: @SolSchNurses