



Parkland
Primary School

Learning together

**PARKLAND
PRIMARY
HELPING
YOUR CHILD
BE READY
FOR SCHOOL**

Encouraging self-care skills and independence

Health and self-care are an important part of your child's learning and development.

There are lots of things you can do to help your child learn the skills they will need to be ready to start school.

- Encourage your child to feed themselves with a knife, fork and spoon and drink from a cup. Try not to worry about spillages, instead allow your child to help clean it up.

- Encourage your child to dress and undress by themselves. Allow plenty of time in your routine for your child to do this for example "you try and take off your clothes, whilst I run your bath".

- Use dressing up clothes in play, children love to dress up and this is an ideal time to encourage independence.



Make learning
fun!

- Lots of praise and encouragement makes children feel proud of what they have managed to achieve.

- Have confidence in your child's ability to do things for themselves.

- Children learn through choosing, trying and doing things for themselves. If you always insist on doing it for them they will never have the opportunity to learn for themselves.

**Remember to
give lots of
praise and
encouragement**

- Encourage your child to make choices. For example, ask your child if they would like milk or water? or toast or bread? This can help to boost your child's self-confidence and learn about the consequences of negative choices.

- Encourage your child to put on their own coat or shoes. Make sure you allow time for your child to do this task on their own and give lots of praise when it is achieved.

- Establish routines that allow children to look after themselves, for example washing themselves, hanging clothes on pegs and using the toilet independently.

- Encourage small steps that your child can complete, like pulling up their skirt or trousers.

**Independence is a
life-long skill**

Sharing books together

- Share familiar stories and encourage your child to 'read' to you, using the pictures or from memory.
- Ask what your child thinks may happen next.
- Think of different endings together.
- Use rhyme and songs and encourage your child to join in.
- Lift the flap books can help your child stay focused and interested.
- Share books in your daily routine for example at bedtime.
- Encourage your child to read by letting them see you read books or magazines.

**Being a good
speaker involves
being a good
listener**

Building language

- Share books, stories and rhymes together.
- Be a good listener and respond to what your child is talking to you about.
- Give your child thinking time without jumping in.
- Provide opportunities for your child to both speak and listen.
- Use talk to describe what you are doing. For example, "I am going to pour it into the cup".
- Build your child's vocabulary by giving choices, for example "would you like an apple or banana?"
- Build your child's sentences by repeating what your child says and adding words, for example if your child says "car" you could say "yes, the blue car".

**Try using a new
word every day**

Early literacy skills in play

- Encourage your child to use their favourite stories in imaginary play.
- Encourage your child to make marks by asking them to make a shopping list or menu.
- Ask your child about what they have 'written'. Let them tell you, even if they have just made marks be positive about their effort.
- Play games like letter lotto to encourage your child to recognise letters and the sounds they make.
- Hide letters around the house and ask your child to find the correct sound.

**Your Children
learn from you**

Fun with Maths

- Going shopping, sorting the washing or baking. Encourage your child to join in with you.
- Children learn from you so talk about what you are doing and make them feel involved.
- Make it into a game, for example how many socks can you find in the washing basket?
- Can you find the biggest plate?
- How many cups do we need for the table?
- If we take one away how many have we got left?

**Remember to
make it fun!**

Use number language whenever you can.

- Children learn about maths from books, stories, measuring, pouring, sharing and much more. There are many ways in which you can support your child's learning through play.
- Helping your child to learn these skills can be done through play and everyday routines.
- Use the toys your child is most interested in to increase their understanding of maths, for example what number is on the bus?
- Count forwards and backwards as often as you can – climbing the stairs or walking along the pavement.
- Use role play to count money and give change.

- Say and sing number rhymes and counting songs together

- Make counting fun by counting cars, pencils and buses etc.

- How many spots on the dice? Can you find the matching number?

- Compare sizes. The small car, the big truck, the small doll, the big teddy etc.

- Add size and numbers in familiar stories and rhymes such as The Three Little Pigs and The Three Billy Goats Gruff.

- Encourage your child to sort objects for example, by putting all the blue cars together and counting how many they have.

Shapes are everywhere

- Make books about shapes.

- Have a shape hunt around the home or garden.

- Point out shapes to your child when you are out and about.

- Do simple puzzles together - ask, "Will this shape fit here?"

- Sort by shapes.

- Cut out different shapes.


































**Children learn
from you.**

Top tips:

- Count every day
- Read and love books
- Provide lots of opportunities for your child to practise using **scissors** and holding a **pencil** correctly
- Play games with your child to encourage turn taking and sharing
- Give your child opportunities to socialise with other children
- Encourage independence. Say 'You have a go. I think you can do that.'
- Sing songs and nursery rhymes
- Encourage your child to recognise their name when it's written down
- Encourage your child to be able to leave you for some time
- Give children the opportunity to talk about themselves – they should have the vocabulary to express their feelings



I am school ready because...

I can recognise my name when it's written down.	  
I can use the toilet independently.	  
I can get myself dressed and undressed independently.	  
I can use a knife and fork.	  
I can hold a pencil correctly.	  
I can use scissors.	  
I can listen to and talk about a story.	  
I can follow instructions from an adult.	  
I can talk about my likes and dislikes.	  
I can tell a grown up when I need help.	  
I can play with other children my age.	  
I can choose what I'd like to play or do on my own.	