



Southampton's Steps to Starting School



Here are some skills to practise that would support your child ahead of starting school

To recognise and talk about feelings
(angry, happy, sad, worried and calm)

To wipe own nose using a tissue

To walk to and from school

Talk to your child about how they are feeling. What are they looking forward to? What are they unsure of?

Remember, every child is different and every child's steps to school will be different too!

To use the toilet and wipe independently

To put on own school jumper, coat and shoes

To eat independently
(open own lunchbox, packets and feed self)

To have a good bedtime routine

To sit and listen to a story



Books we are sharing:

The Very Hungry Caterpillar
by Eric Carle

We're Going on a Bear Hunt
by Michael Rosen

The Colour Monster Goes to
School by Anna Llenas



Starting School:

A Guide for Parents & Carers

Starting school is a big and exciting step for your child. This leaflet offers simple ways to support them as they get ready. Nurseries, childminders, Family Hubs, libraries, and schools are all working together to help children feel confident and prepared for this new chapter.

Songs and Rhymes we are singing:

Head, Shoulders, Knees and Toes

If You're Happy and You Know It

Wind the Bobbin Up



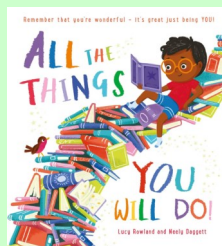
Key Skills we are practising:

- To be able to put on own jumper/ cardigan, coat and shoes
- To be able to use the toilet and wipe independently
- To sit and listen to a story
- To eat independently (*opening packets/open lunchbox/feed self*)
- To recognise and talk about when you are feeling happy, sad, worried, angry and calm

Our Transition Project:

All children in local nurseries, with childminders or at family hubs will be exploring a special storybook through fun activities. Schools will continue this in September to help children settle in to Year R.

'All the Things You Will Do' by Lucy Rowland



Extra ways to support school readiness:

- Having a regular bedtime and morning routine
- Walking to and from school, instead of using a buggy
- Using a tissue to wipe own nose
- Playing outside and managing little risks, i.e. climbing
- Saying 'goodbye' to any dummies before school starts
- Limiting the amount of screen time each day