



# Transition

Helping children to look forward to school




- \* Changes allow children to develop strategies to be able to control their behaviour and emotions




- \* By managing transition carefully, the process of adjustment can be eased, which helps to reassure your child

- \* Children will need preparation if they are going to be able to approach the transition to school with confidence



- \* It is alright to worry as a parent; it's completely normal when you're placing your child's wellbeing in someone else's hands

- \* Open and honest communication is really important during this time



- \* As a parent, you might need support too, please reach out

# Getting Dressed

## Dressing

Use some clothes that will fit onto a large teddy bear, doll or soft toy and encourage your child to have a go at dressing them independently.

Make getting dressed in the morning fun by turning it into a game. You could get your child to lay out the items in the order that they get dressed and then set a timer to see how long it takes. Start with just 1 item and then build up to more.

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## Coats

Watch The preschool coat flip and then have a go yourself!

<https://www.youtube.com/watch?v=3wRKDeKbAcI>

Get your child to try different clothing with zips and buttons and velcro fasteners and practice trying to do them up and undoing them.

## Shoes & Socks

Make sure your child's socks and shoes are easy for them to put on by themselves.

Give your child enough time to try putting their shoes and socks on by themselves before going out. Put your shoes and socks on at the same time and talk through how you are doing it.

Have fun with shoes by finding a selection around your home and trying them on, look at the different ways they fasten. Are they buckles, velcro, laces or slip on?

Practice rolling down socks and getting them onto your toes before pulling them up and over your heels to your ankles or knees.



# Toileting



## Staying Clean

Talk to your child about germs and explain that they are invisible but can make us poorly, so we need to wash them off with soap.

Use something like wet oats or paint mixed with rice and dip your hands in it. The oats or rice stick to your hands a bit like germs do and now you need to wash them off. You can even shake hands with someone else to show how we can pass germs on.

Practise singing 'Happy Birthday' while you wash your hands!

The WHO have partnered with Peppa Pig to make a simple handwashing video. Take a look;  
<https://www.youtube.com/watch?v=zAnSkapgiY>

## Using the toilet independently

Encourage your child to be as independent as possible when using the toilet.

If your child is reluctant to wipe themselves, build up to it gradually. Start by just tearing off the toilet paper ready for you to use. Wipes are easier to use to begin with. You could have a bin beside the toilet for the wipes.

Your child could 'practise' wiping a teddy or doll's bottom. Try not to say anything that will make your child anxious about using the toilet at school.

Read stories together such as 'I want my potty' by Tony Ross. Get your child to look in a mirror at their bottom. Don't assume they know where to wipe to begin with.

## We all need help sometimes!

It can be helpful to talk to your child about what to do when they need some help. Pick a good time when your child is feeling relaxed and at ease. Reassure your child that everyone needs help sometimes. You might tell them about something that once happened to you and how you needed some help. Who you went to for help and what they did. Find out the names of the teachers and teaching assistants in their class so you can talk to your child about who they can ask help from.



## Lunch box containers

Create a list of foods to go in a lunch box together. You could have some 'lunchbox rules' such as one sugary treat, one fruit and one savoury etc.

Make your packed lunch together. Give them lots of time and let your child do the cutting & spreading, don't worry if it's a bit uneven.

Try a week of eating packed lunches together at lunchtime. Talk about the order in which to eat the foods, trying to choose the savoury item first and saving the treat or pudding until last.

Chat about which foods give you lots of energy etc., use the internet to find out more information. Find some lunch box recipe ideas online and then make one together.

Collect food packets and look at the ingredients, talk about which ones are 'every day' foods and which ones are 'sometimes' foods to encourage healthy eating.

## Packed lunches

Use as many different containers as you can. Different shapes, sizes and lids. Try to find containers with clip on lids and screw on lids too. Have fun opening and closing and sorting. Say which one you find hardest to open/close. Explain that you are going to practise. Put a variety of foods, play food or real food into the containers. Order them by size, shape, easy or hard to open. Make a picnic and choose which containers to use, find somewhere nice to eat it!

## School dinners

Find some foods that are easy to cut with a knife and fork such as banana, strawberries, mushrooms, toast and have a go. You could play a game where you throw a dice and then try to cut the food into that many pieces. Have a go at using your fork to eat each piece with.

Encourage your child to carry their own plate and cutlery over to the sink or dishwasher after their meal. Give them the opportunity to have a go at scraping any food waste into the recycling bin.

Provide your child with a drink of water with their meal rather than squash or fruit juice. Maybe serve it in a special cup to make it more appealing if they are not used to drinking water.

# Lunch Time



# Making Friends

## Teddy Bears Picnic

Set up a picnic or other imaginary scenarios with some cuddly toys or figurines.

Join in the play and model useful 'socialising' phrases that the figures/animals might say, eg 'Please can I play?', 'Hello my name is...' etc.

Use the figures/animals to act out some possible scenarios that might happen at school and encourage your child to join in by using another figure/animal.

## Turn taking games

Now is a good time to try some simple turn taking games with your child. You could use a board game such as snakes & ladders or connect4. Some games can be quite long so you might need to introduce an adapted shorter version, so your child doesn't lose interest and stays on task.

Some children don't enjoy board games but would be very happy to turn take something like making a Lego model, constructing a train track, or building a marble run into a game where you take turns to choose which piece comes next.

Car journeys are a great opportunity for turn taking games such as 'I spy', 'I went to the shops and I bought'...where each person adds another item to the list. Great for memory too!

## Playing Collaboratively

Encourage collaborative play by providing opportunities to role play. Create a story together and take turns to add ideas. Occasionally, you could try suggesting an alternative idea to your child eg they say 'I will be the driver and you can sit on the bus' you could say 'I don't think I want to sit on the bus, I want to collect the tickets'. Playing with an adult this way is a safe way to practise compromising!

Making plans to build something together also involves collaboration. You could write a list of ideas or draw a picture or just chat about what you might do; the important thing is to model listening to each other's ideas.



## Chatting

Making time to chat with your child is one of the most important things you can do. Try to find times in the day when you can just chat in a relaxed and informal way together.

It can help to think of a conversation as being like a game of catch where two people throw a ball back and forth to each other. Try to 'catch' conversational balls your child 'throws' to you and throw it back to them. Don't change the topic of conversation, see how long you can keep your conversation going.

Giving your child opportunities to express themselves is one of the best ways to prepare them for early reading and writing.

## Games

Unused phones can be a fun way to have a conversation with your child.

Car journeys are great a great opportunity for chatting. You could take turns to tell each other a made up story, play rhyming games with made up words, tell a joke...

Choose a number of objects eg plastic farm animals. Take turns at describing one to see if the other can guess which one it is.

Pretend to be a robot and explain to your child that you can only move if they give you directions.

Sing songs and simple rhymes, lots of these will help your child with counting forwards and backwards. Making routines like getting dressed with singing can also be helpful as well as fun.

## Top tips for talking

Try to comment on what your child is doing rather than asking too many questions, e.g. 'I've noticed that...' and then waiting. Showing that you are interested can increase confidence to respond.

Children often need a lot longer to think than we give them. Allow them thinking time before they respond to something you've asked them about.

Starting with phrases such as 'I wonder what ...' or 'Tell me about...' can encourage your child to feel confident to share their ideas.

Using puppets and toys to 'talk through' can be easier for many children too.

If you are at all worried about your child's communication do talk to your child's practitioners.

# Communication





# Reading & Writing

## Recognising names and symbols

Point out familiar signs and symbols to children, shop signs, road signs etc. The first step to reading is knowing that symbols mean something.

Hide and seek games with names will help your child to become confident in recognising their own name. Start by just using their name on small card and hide around the house for them to find. Next time add in their surname.

Point out other words that begin with the same letter as their name when you are out and about e.g. Asda and Anna!

Praise and value all children's attempts to write their name, it takes a long time to master it!

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## Books

One of the best things you can do for your child is to share books and read with them. Try to do every day if you can. 5 minutes a day can make all the difference.

Sometimes children prefer non-fiction books on a subject that interests them or even a specialist magazine or comic.

Use natural everyday opportunities to read with your child such as cooking using a recipe book, shopping, following instructions for a DIY project.

You could choose books that will give you opportunities for talking about subjects that might be particularly relevant for your child such as starting school, making friends, sharing etc

Borrow books from libraries. There are lots of good websites with ideas for books you might choose  
<https://www.booktrust.org.uk/booklists/1/100-best-0-5/>

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## Writing

Be creative and make it fun! Use different things to make marks with and in, eg sticks and mud, fingers in sand, chalk on pavements, water on walls etc

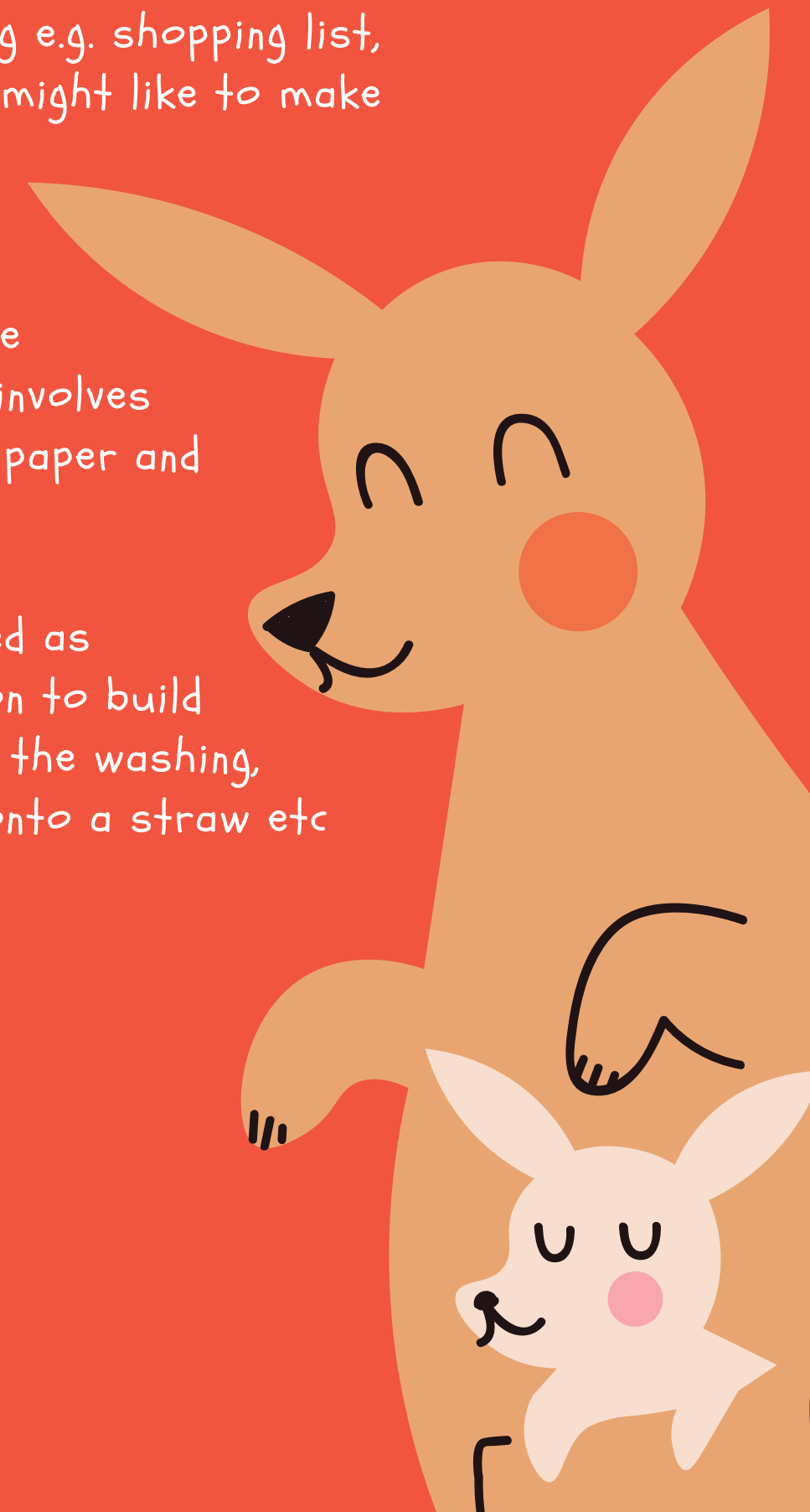
Children need to develop gross motor skills as well as fine motor skills to help them with writing. Outdoor physical play is great for gross motor skills e.g. swinging, climbing, pushing & pulling heavy objects.

Let your child see you write. Use everyday opportunities to model writing e.g. shopping list, telephone messages etc. they might like to make their own.

Encourage your child to make up their own stories and write them down for them. Writing involves ideas and language as well as paper and pens.

Fine motor skills are developed as children use small construction to build such as Lego, help to peg out the washing, thread cheerio cereal hoops onto a straw etc

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# Maths

## Numbers

Go on a front door number hunt. Can you find your favourite number. Can you find door numbers with a 'double' number e.g. 66? Make a simple chart with the numbers 1-5 or higher depending on your child, so that you can tick off every time you find that number. Take a clipboard if you have one.

When you are shopping ask your child to choose 5 apples or 2 tins of beans.

Look out for numbers on number plates – can they find the number that matches their age?

Remember it's not just objects that can be counted, you can count how many steps you walk, jumps or claps.

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## Every day maths

Baking is a great way of doing some Maths with your child.

Set the table together, check how many more place mats, or spoons or cups you need for a particular meal. You might say – "Oh dear we've only got three spoons. I'd better get two more so there'll be enough for everyone."

Put the shopping away with your child. You might say, for example, "The small box goes on the bottom shelf" or "The bag of pasta needs to go behind the other two".

Sort the washing and put all the socks into the correct pairs. Compare different sizes, using language such as bigger, smaller, smallest etc.

More ideas can be found here:  
<https://family.co/blog/covid-19/helen-williams-maths-at-home/>

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## Shapes

Go on a shape hunt. You could choose a shape and then see how many you can find on a walk, around your house or in a book. You could have fun taking photos of the things you find and looking at them when you get home.

Use shape cutters when you are playing with playdough and name the shapes. Squash it into a ball and make a different one. Use shape cutters to make shape sandwiches, or ask your child to see if they can cut their rectangular piece of bread into triangles.

