



Transitioning to Primary school

Helping your child feel ready for school is a team effort. Key steps include from talking about going to school. Building independence from finding their coat too shoes. Emotional readiness and reading together to encouraging independent skills playing dressing up and tidying up games, all these little things you do each day help your child grow in confidence and curiosity. Practicing self-care tasks (toileting), fostering social skills, recognising their name, mark making holding equipment correctly. Establishing early bedtimes and reading books about school to reduce anxiety.

Visiting the school, use positive reinforcement, and talk openly about feelings to ensure a smooth transition

- **Useful websites**
- <https://beststartinlife.gov.uk/school-readiness/>
- <https://www.bbc.co.uk/bitesize/groups/cx1lpm3ve37t>
- <https://www.childcare.co.uk/information/school-readiness>
- <https://www.familylives.org.uk/advice/early-years-development/learning-and-play/school-readiness/>
- <https://www.booktrust.org.uk/book-recommendations/booklists/11-excellent-bath-book-bed-tips-that-work-from-parents/>
- <https://www.bbuk.org.uk/wp-content/uploads/2022/09/The-Bladder-Bowel-UK-guide-to-potty-and-toilet-training-paediatric-Bladder-Bowel-UK.pdf>
- <https://eric.org.uk>
- <https://foundationyears.org.uk/files/2021/09/What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf>
- <https://www.nhs.uk/healthier-families/>