TWO MINUTE TOOLBOX

Transition from Home/Nursery to School (EY)

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Top Ten Tips for your children

- Talk about your new school – find the time and a cosy corner to talk about the exciting times ahead;
- Ask Mummy, Daddy or whoever looks after you to let you try on and wear your uniform before joining school – you will look so smart;
- Try to put your coat on by yourself – a top tip is for you to put the hood on your head first, thus making it easier to find the arm holes;
- Take your schoolbag on a shopping trip, that way you will get used to carrying it. Ask if you can choose a new keyring to attach to your bag, making it easier for you to find your own bag when it's in the classroom;
- Buy two new, small snack boxes especially for school;
- Practise putting your Velcro strap shoes and trainers on and taking them off – how quickly can you do it?
- Share a family meal at least twice a week and see if you can feed yourself, either with a spoon or knife and fork. Start drinking from a grown-up cup instead of a spouted beaker or bottle;
- Remember those "magic words" – 'please' and 'thank-you'. How often you can use them?
- Ask if you can go to the toilet by yourself. Can you wipe your bottom? If you can't then practise doing it by yourself;
- Try and go outside to play as much as you can, even if it's cold!