TWO MINUTE TOOLBOX

Transition from Home/Nursery to School(J1)

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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 – try doing up the buttons by yourself;
- Try to put your coat on by yourself – a top tip is to put the hood on your head first, thus making it easier to find the arm holes! Can you hang your coat up when you take it off?
- 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 with a knife and fork;
- Remember those "magic words" – 'please' and 'thank-you'. How often you can use them?
- Ask if you can dry yourself when you come out of the bath and if you go swimming. This will really help you with your swimming lessons at school;
- Try and go outside to play as much as you can, even if it's cold!