



The Journey to School

Helping ALL children have a smoother transition into school

Develop an interest in stories, sounds and numbers (explore rhyming words)

A bedtime story helps with a bedtime routine (turn pages together and look at the pictures)

Talk to your child in your home language

Enjoy play

- Follow your child's lead
- Drawing, painting or mark making
- Turn taking activities

Support your child to brush their teeth twice per day and visit the dentist regularly

Look up the school route and point when you pass

Talk to them positively about starting school



Follow your child's interests

- Discuss what you see, hear, feel, smell and taste
- Count, sort and measure in everyday activities.
- Explore nature and get out in the fresh air

Try to limit screen time each day, especially at night. Screen time can be very exciting and engaging for children but can be addictive and stop children being as curious and creative as they are when screens are not around

Support your child to:

- Get dressed independently (practise closing buttons, putting on socks and shoes, zips)
- Go to the toilet and wiping their bottom on their own
- Cut food using a knife and fork
- Tidy up their toys
- Recognise their name in writing and to consistently respond to it verbally (create a named coat peg at home)

If your child has additional needs and/or disabilities, please also consider:

- Communicating with the school SENCO. Arrange transition visits and a home visit with class teacher if possible.
- Ensure your child's Early Years setting has shared a 'transition report' or 'one-page profile' with the school.
- Share photos of the new class teacher, classroom and play areas with your child to support their transition into school.

Buy school uniform early and let your child get used to wearing it in the summer holidays.

Allow your child to choose their lunch box or water bottle and become familiar with them before starting school. Find out the school meal choices and allow your child to choose a meal they like

Try to embed routines to help prepare for having 5 days at school. In the lead up to starting school try to get up the same time each day and make mealtimes and bedtimes become routine



Please see websites for further information or if you have any concerns, please contact your Health Visiting or School Nursing Team

Health visiting: 07312263283
School Nursing: 07312263194



Berkshire Healthcare
Children, Young People & Families Services



Reading Directory



Bracknell Forest Directory



West Berkshire Directory



Wokingham Directory

Tick off as
you go. ✓

Starting School Checklist

Is your child ready for school success?

NHS

Berkshire Healthcare
Children, Young People and
Families services

☐ Toileting

- ☐ I can use the toilet alone, wipe myself clean and flush the toilet.
- ☐ I can wash and dry my hands on my own after using the toilet.



☐ Self-Care

- ☐ I can wash my hands with soap and water for 20 seconds, especially before and after meals.
- ☐ I brush my teeth twice a day.
- ☐ I can wipe my nose.
- ☐ I am learning to cough and sneeze into a tissue or into my elbow.
- ☐ I can ask for help when I don't feel well.



☐ Independence

- ☐ I have talked with my parent/carer about what school will be like.
- ☐ I know I can talk to someone if I have any worries at school.
- ☐ I can hold a pencil.
- ☐ I know my own name both spoken and written down.



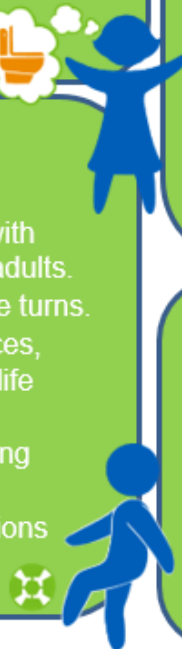
☐ Routines

- ☐ I have a good bedtime routine which includes a bedtime story.
- ☐ I have set mealtimes, just like they do in school.



☐ Social Skills

- ☐ I enjoy interacting with other children and adults.
- ☐ I can share and take turns.
- ☐ I like new experiences, including everyday life such as shopping, cooking, and counting objects.
- ☐ I can follow instructions and follow rules.



☐ Mealtimes

- ☐ I like eating a variety of healthy food.
- ☐ I can use a knife and fork.
- ☐ I can open packaging and wrappers by myself.
- ☐ I drink 6-8 cups of water a day.



☐ Health

- ☐ Any health issues have been addressed by my GP.
- ☐ I am up to date with my immunisations/preschool boosters.
- ☐ I am registered with a dentist.
- ☐ I am physically active.



☐ Getting dressed and undressed

- ☐ I can put on and take off my uniform by myself, including doing buttons and zips.
- ☐ I can put my shoes on
- ☐ I can put on my own coat.
- ☐ I understand some parts of my body are private.

If you would like any more information on starting school or have any concerns for your child being school ready, please visit websites overleaf or contact your Health Visiting or School Nursing Team via the Chat Health service.

See overleaf if your child has any additional needs or disabilities.



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School Nursing: 07312263194