

Starting School Skills

There is a lot to learn when your child starts school! Below is a selection of skills that you can practice with your child over the summer so that they can make a smooth transition to Belmont.

Personal Skills

Encourage your child to:

- wash and dry their hands;
- use the toilet and take care of their intimate needs independently;
- use a tissue to blow and wipe their nose;
- put on and fasten their coat and shoes;
- put on and take off their school uniform including their jumper;
- tidy up after themselves.

Independence and Sharing

Support your child to:

- take turns when playing simple games and share toys;
- separate from known adults for short periods of time.

Eating and Drinking

Talk to your child about how to:

- use a knife, fork and spoon to eat independently;
- make healthy choices at lunchtime;
- look at the school menu and try some of the different foods. If your child will be having a packed lunch, try packing some lunches together. What would your child like to eat? Can they open the different packages?

Speaking and Listening

Encourage your child to:

- ask a grown-up for help when needed.
- listen to stories, songs and rhymes and to join in with repeated words or phrases;
- ask and answer simple questions;

Physical skills

Support your child to:

- get involved in activities that will develop their gross motor skills e.g. climbing, kicking/catching/throwing a ball, running, skipping, hopping, jumping, walking, galloping, crawling
- participate in activities that support fine motor skill development e.g. threading, playdough, lego, small world, colouring, drawing, peg boards, puzzles, tweezers, zips, cutting, fastening buttons