

# School Readiness

A guide for parents and carers with children starting primary education



Starting school is a very exciting time for children and a big step for them in their educational journey.

Preparing children for the changes ahead is a very important part of their transition from early years to primary education.

Children may feel a mixture of emotions about starting school and ensuring that they are fully prepared will play a vital part in their transition.

# Preparing for transition – school readiness

Ensuring children are prepared for the transition to primary school is important to encourage resilience and self-confidence.

It enables the children to learn and understand key competencies expected when they transition to the school environment.



## Dressing yourself

When children start school, they will be partaking in P.E lessons as part of the school curriculum. This will involve the children needing to change from their school uniform into their shorts and t shirts (P.E kit).

Before children start school dressing/undressing independently can be encouraged at home as part of their daily routine.

Below are some useful fact sheets.

## Dressing skills

### Why do some children find dressing difficult?

Some children find dressing difficult due to movement or learning difficulties.



All children learn to undress first. You can help your child by breaking the task down into little steps and getting them to assist you at first. Then, as their ability grows, you can let them carry out that stage of dressing for themselves.

If you have used this Advice Sheet and not seen improvement after 3 months, please contact the Integrated Therapy Service for advice.

### What you may see

- The child being reluctant to take part in dressing themselves
- The child seeking help and reassurance
- Clothes put on backwards or inside out
- Clothes left twisted on the body
- Some items of clothing left off because it was missed during the sequence
- Frustration due to their inability to dress independently

### Strategies and Advice

- Choose loose fitting clothes with minimum fastenings. Look for tops with easy openings, stretchy socks and elasticated waists
- Start by encouraging your child to assist in the process of undressing / dressing, for example by waiting for your child to push their arm through a sleeve
- Make sure your child is well supported in sitting or standing so that their hands are free to use. If they have poor balance, get them to sit on a chair or use a corner wall for support
- Start by teaching your child to undress as this is easier than dressing
- Talk your child through the order in which clothes are put on, that is which ones are put on first. Draw attention to different parts of the body and name them to help improve their body awareness

- Establish a routine to avoid confusion, so that the activity becomes predictable. Keep the sequence of dressing / undressing the same
- Try to practise when you are not rushed. Allow time for your child to cooperate in the process e.g. pause when their arm is placed in the sleeve hole so that they can push their arm through independently
- Practise dressing in the evening or at weekends when there is time
- Lay the clothes out in the order they are put on. Lay jumpers out with the bottom edge nearest the child and the neck furthest away
- When you are assisting the child to dress, give simple verbal and gestural instructions e.g. "give me your foot"
- Practise dressing / undressing during doll play or in dressing up games
- Dress in front of a mirror for added reinforcement
- Provide a visual timetable / schedule. This can help the child by giving a pictorial sequence of the stages involved
- Remember to reinforce their effort and give positive feedback

### Suggested Resources

Ball, F. (2002) Hints and tips for activities of daily living. London, Jessica Kingsley.  
Klein, M.D. (1995) Pre-dressing skills. Tuscan A.Z, Therapy Skill Builders.

Symbols from Somerset Total Communication

Websites for visual symbols:

[www.do2learn.com](http://www.do2learn.com)

[www.ispeek.co.uk](http://www.ispeek.co.uk)

## Putting your coat on trick!

[The Coat Flip Trick - The Very Easy Way for Kids to Put Their Coats On - Bing video](#)



## Fasteners

You have been directed to this Advice Sheet because the child is having difficulty with buttons, zips and other fastenings.

If you have used this Advice Sheet and not seen improvement after 6 months, please contact the Integrated Therapy Service for advice.



### Why do some children find this difficult?

A child may have difficulties doing up buttons and zips for a variety of reasons such as poor bilateral coordination, postural instability, poor fine motor manipulation, reduced muscle tone or visual perceptual difficulties.

### Strategies and Advice

#### Buttons

- Start by using large buttons on a doll, a jumper worn by someone else or a toy.
- Teach the child using the 'Backward Chaining' technique. This means that you first break the activity down into steps. You carry out most of the steps but leave the last step for the child. When the child has mastered that step you allow them to do the last two steps and so on until they can complete the whole task. This will ensure that your child finishes the task every time. For example you may start your child off with the last stage of the task, which is to pull the button through the button hole.
- Once the child has mastered large buttons, move on to fastening items with smaller buttons.
- Reattach the buttons with a thick thread, leaving about half an inch of thread between the button and the fabric for easier buttoning.
- Make a 'Button Box' for a fun and interesting toy. Use a shoe box and make slots on the top (horizontal and vertical). Let the child post buttons or coins through the holes.
- Make a 'Button Board' out of fabric and large buttons. Make the button holes at least a quarter of an inch larger than the button. Sew the button on loosely with strong thread. Place an attractive picture on the button board under the fabric so that after the button is unfastened, it reveals the picture.



### Fact File for School Age

- Use threading cards / games / activities. The same skills and principles in threading are used when fastening buttons
- When teaching the child to fasten shirt buttons, remember to start buttoning from the bottom to the top to ensure the button and button hole correspond correctly.
- Encourage the child to check him or herself in the mirror.
- Top buttons are often very difficult and can be replaced with Velcro or a popper (sew the button on permanently on the outside). Alternatively, all buttons, including sleeve buttons, can be replaced with Velcro fastenings or poppers.

### Zips

- Demonstrate how to fasten and unzip a zip by pulling on the tab. Allow your child to assist you by pulling the zip up or down with you.
- Zip tags can be adapted by attaching a piece of ribbon, a zip ring or a large paper clip. This makes it easier to grasp.
- Start with heavy-duty large zips which have big tabs or rings as these slide more easily.
- Practise unzipping a purse or pocket to reveal a surprise!
- Velcro tabs can replace zips to encourage independence.

## Shoes and socks

You have been directed to this Advice Sheet for guidance on helping children develop skills with putting on their shoes and socks.

If you have used this Advice Sheet and have not seen improvement after 4 months, please contact the Integrated Therapy Service.



### Socks: what you may see

Children often have difficulty putting socks on correctly and end up with the heel on the top of their foot.

### Strategies and advice

- Demonstrate to your child how to remove and put on socks correctly and allow them to help you.
- Try buying socks that have different coloured heels and toes.
- Trainer socks can help to establish where the heel goes without a lot of sock that needs pulling over the heel.
- Looser socks are easier so let your child practice with your socks. A little talc can be added to the bottom of the foot to help the sock slide on easily.
- Cotton socks are easier to handle than nylon ones.
- Practice putting socks onto dolls or stuffed teddies.
- Backward Chaining can also be used for teaching your child to put socks on. This means that you will break down the task into small steps, help them with the task and teach the last step first. When they have mastered this, let them do the last two steps and so on. In this way your child will finish the task every time and you will gradually reduce the help you are giving.

## Shoes: what you may see

Children can find putting on their shoes a challenge and much prefer to take them off. You may see:

- Laces left untied or stuffed into the shoe.
- The tongue wedged into the toe part of the shoe, causing discomfort and making it more difficult to put on.
- The heel of the shoe dented at the back where the child has not been able to pull it up over their heel.
- Shoes on the wrong feet.
- Velcro straps not pulled tight so the shoe is loose on the foot.



## Strategies and advice

- Start with taking the shoe off properly.
- Sit behind the child and demonstrate how to take off their shoes by undoing the fastenings, pulling the shoe open to loosen it and pulling it upwards with the hand under the heel.
- Repeat the task but allow your child to do the last step i.e. to pull the shoe off.
- Continue practising the task in the same way and, as your child progresses, allow them to do more of the task e.g. pull open the shoe and then pull it off the foot.
- Allow them to practise taking off your shoes for you or shoes off their toys.
- Encourage your child to assist with fastenings.

## Putting on shoes is a little trickier

- Start with putting on larger/looser shoes – dressing-up games are a good time to practise this.
- Allow your child to practise with your shoes.
- Open-back or slip-on shoes are easier to start with.
- Teach your child one of two methods according to their ability.
  1. Left foot over right knee and put shoe on – and visa versa
  2. Place the shoe on the floor and let the child wriggle their foot into the shoe.



Fact File for School Age

- If your child needs extra support allow them to sit on the bottom step, against a wall or in the corner of a sofa.
- Always do the task in the same order so it is easier to remember which bit comes next e.g. loosen fastenings, pull shoe open, pull out tongue of shoe, wriggle in foot, readjust tongue and fasten.
- Initially you may need to position the correct shoe by the correct feet. If your child has difficulty putting each shoe on the correct foot you can:
  1. Fix something bright onto one shoe and teach your child 'bright is right'.
  2. Buy shoes with a logo on the outer side.
  3. Hold shoes next to each other before putting them on to see if they are 'friends', that is they 'face' each other.
  4. Place shoes in front of your child in their correct position, so that the left shoe is matching the left foot.
  5. Help your child recognise their left and right shoe by drawing arrows inside the shoes pointing together.



## Potty training and toileting

When children start school, it is important that they can use the toilet independently. They will be expected to wipe their own bottom and understand good hygiene practices.

Some children may struggle with this and support for parents and carers can be found below to help encourage independence.

Help and support can also be offered via your school nursing team.

**Please contact your local School Nurse Team for more information regarding this (see contact details provided over the page):**



### **South Somerset West Team**

Clare House, Millfield, CHARD, Somerset TA20 2DA

**Tel:** 0300 323 0114 **Email:** [southsomersetSN@somerset.gov.uk](mailto:southsomersetSN@somerset.gov.uk)

### **South Somerset East Team**

Reckleford Children's Centre, Eastland Road, YEOVIL, Somerset BA21 4ET

**Tel:** 0300 323 0114 **Email:** [southsomersetSN@somerset.gov.uk](mailto:southsomersetSN@somerset.gov.uk)

### **Taunton and West Team**

Acorn Children's Centre, 110 Roman Road, TAUNTON, Somerset TA1 2BL

**Tel:** 0300 790 9854 **Email:** [WestandTauntonSN@somerset.gov.uk](mailto:WestandTauntonSN@somerset.gov.uk)

### **Sedgemoor Team**

Sydenham Children's Centre, Fairfax Road, BRIDGWATER, Somerset TA6 4LS

**Tel:** 0300 790 9853 **Email:** [sedgemoorSN@somerset.gov.uk](mailto:sedgemoorSN@somerset.gov.uk)

### **Mendip School Nurse Team**

Shape Mendip, Cannards Grave Road, SHEPTON MALLETT, Somerset BA4 5BT

**Tel:** 0300 7909852 **Email:** [mendipSN@somerset.gov.uk](mailto:mendipSN@somerset.gov.uk)

### **North Sedgemoor Team**

Highbridge Children's Centre, 7 Coronation Road, HIGHBRIDGE, Somerset TA9 3JD

**Tel:** 0300 7909853 **Email:** [NsedgemoorWmendipSN@somerset.gov.uk](mailto:NsedgemoorWmendipSN@somerset.gov.uk)

### **West Mendip Team**

Glastonbury Library Hub, 1 Orchard Court, The Archers Way, GLASTONBURY, Somerset BA6 9JB

**Tel:** 0300 7909852 **Email:** [NsedgemoorWmendipSN@somerset.gov.uk](mailto:NsedgemoorWmendipSN@somerset.gov.uk)

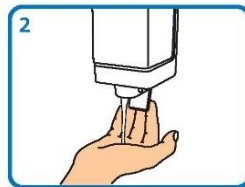
Hand washing is very important.



## Hand-washing technique with soap and water



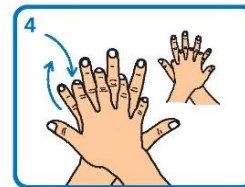
1  
Wet hands with water



2  
Apply enough soap to cover all hand surfaces



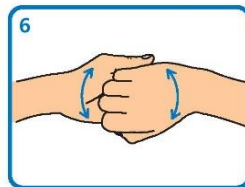
3  
Rub hands palm to palm



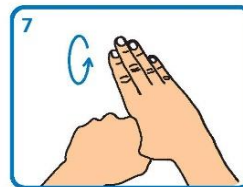
4  
Rub back of each hand with palm of other hand with fingers interlaced



5  
Rub palm to palm with fingers interlaced



6  
Rub with back of fingers to opposing palms with fingers interlocked



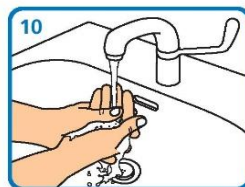
7  
Rub each thumb clasped in opposite hand using a rotational movement



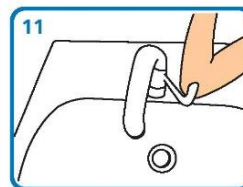
8  
Rub tips of fingers in opposite palm in a circular motion



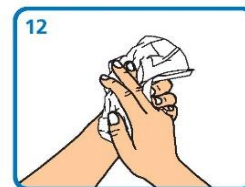
9  
Rub each wrist with opposite hand



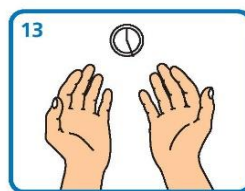
10  
Rinse hands with water



11  
Use elbow to turn off tap



12  
Dry thoroughly with a single-use towel



13  
Hand washing should take 15–30 seconds



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Adapted from World Health Organization *Guidelines on Hand Hygiene in Health Care*



Children should be encouraged to wash their hands with soap and water for 20 seconds.

Available downloads to support with night-time wetting and potty training.



ERIC's guide to night-time wetting

[Advice for Children with Night Time wetting | ERIC](#)

ERIC's guide to potty training

[ERIC's Guide to Potty Training | ERIC](#)

ERIC's thinking about wee and poo now you are on your way to school

[Thinking about wee and poo now you're on your way to school!| ERIC](#)

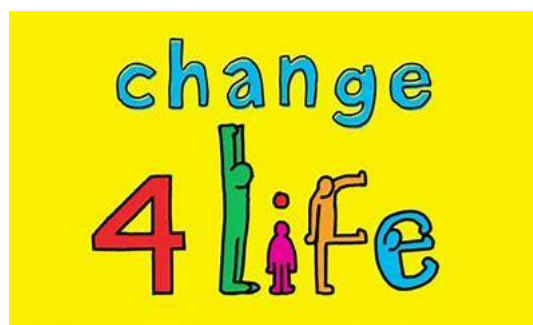
## Healthy lunch boxes

All children starting school will be able to receive free school meals. This can be in the form of a packed lunch or a hot meal. You can also choose to prepare your child's own packed lunch if you so wish.



Below are links to healthy alternatives to sugary lunch box snacks and healthy lunch box ideas.





[Lunchbox ideas and recipes – Healthier Families - NHS](http://www.nhs.uk)

[\(\[www.nhs.uk\]\(http://www.nhs.uk\)\)](http://www.nhs.uk)

[Healthier food swaps - Food facts - Healthier Families - NHS](http://www.nhs.uk)

[\(\[www.nhs.uk\]\(http://www.nhs.uk\)\)](http://www.nhs.uk)



Where possible children should be encouraged to drink water throughout the day. Your child's school will advise whether they will provide water during the day or whether you will need to send them with a drinks bottle.

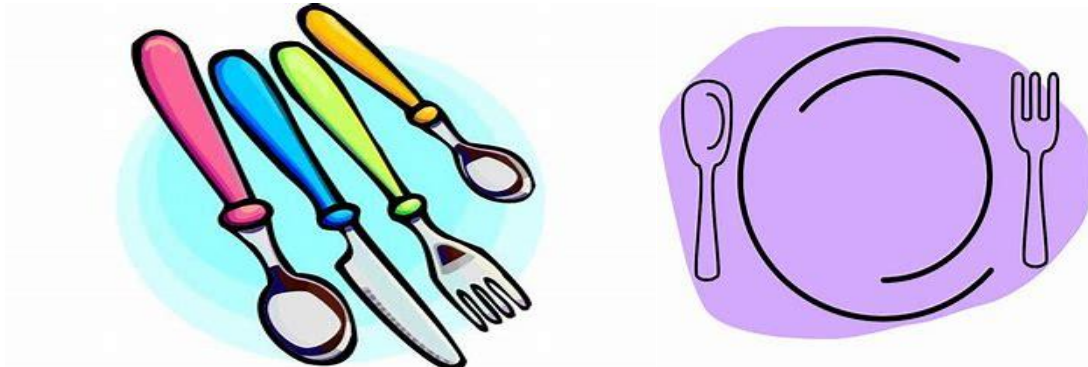
Drinking water is important for good bowel and bladder health, and for tackling daytime wetting, night time wetting and poo problems like constipation, but it can be hard to get kids to drink enough. They should consume 6-8 glasses of water or water-based fluid every day. Please visit site below for ideas around how to encourage your child to ingest that much fluid in a day.

[How to get kids to drink more water | ERIC](http://www.eric.ed.gov)

Using a knife and fork at mealtimes enhances children's fine motor skills and hand eye co-ordination. Practising using a knife and fork can be incorporated within role play at home and creative activities.



[Using Cutlery Information Sheet \(nhsggc.org.uk\)](http://nhsggc.org.uk)



## The importance of healthy eating for young children

Eating habits are developed early in life.



A healthy, balanced diet and regular exercise are essential for young children's health and wellbeing.



### What is a healthy balanced diet?

Young children need a healthy, balanced diet based on the four food groups, which provide the nutrients to help them grow and develop.

### The four food groups:

1. Potatoes, bread, rice, pasta and other starchy carbohydrates
2. Fruit and vegetables
3. Beans, pulses, fish, eggs, meat and other proteins
4. Dairy and alternatives

Almost one in four children are overweight or obese before they start school. Obese children are more likely to become obese adults, who are more likely to develop a range of health issues.

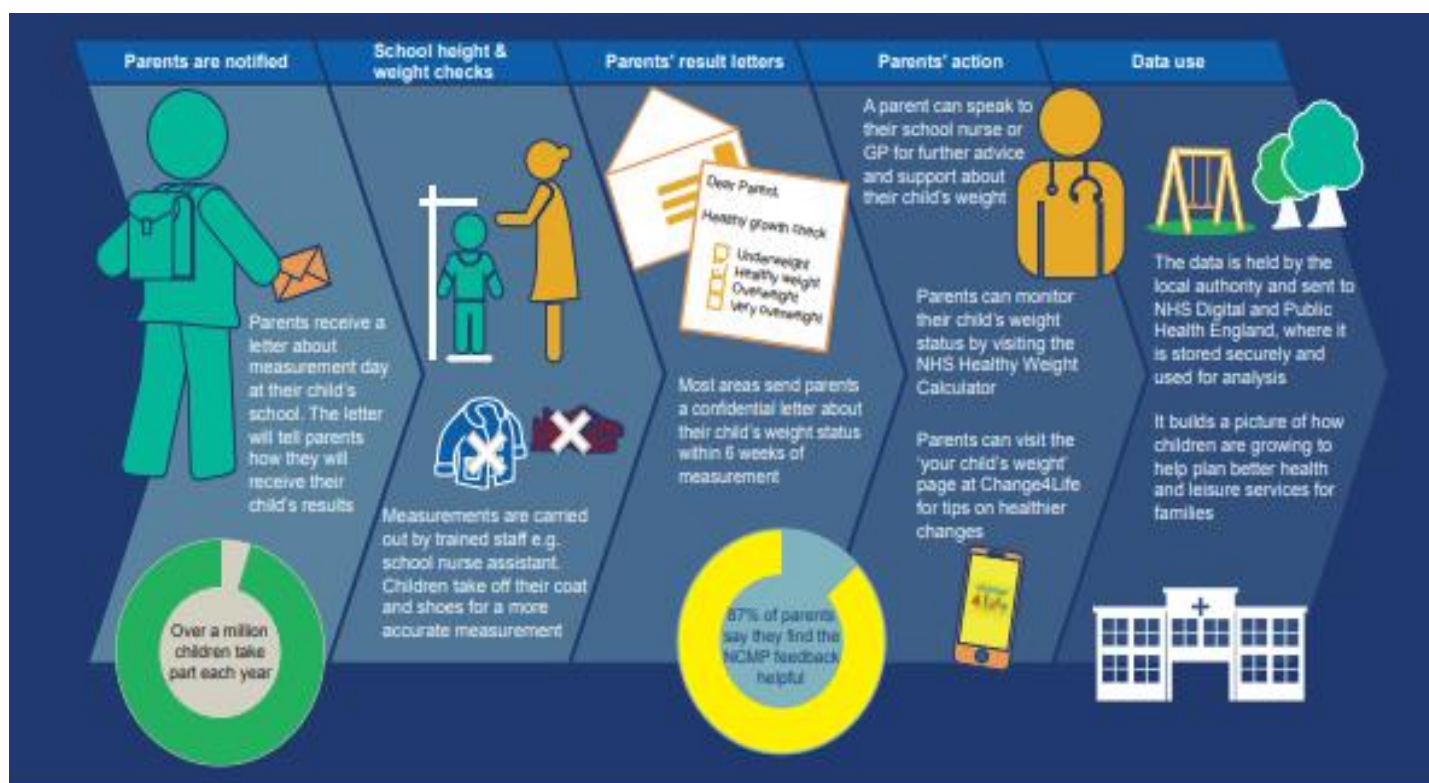


Example menus for early years settings in England can be found [www.gov.uk](http://www.gov.uk)

## NCMP: National Child Measurement Programme

In the first year of your child starting school, they will be requested to take part in the National Child Measurement Programme (NCMP).

The NCMP is a nationally mandated public health programme. It measures the height and weight of children in Reception class (aged 4 to 5) and Year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools.



# Oral health 3-6 years



## Toothbrushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.



## Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Brushing should be supervised by a parent or carer.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



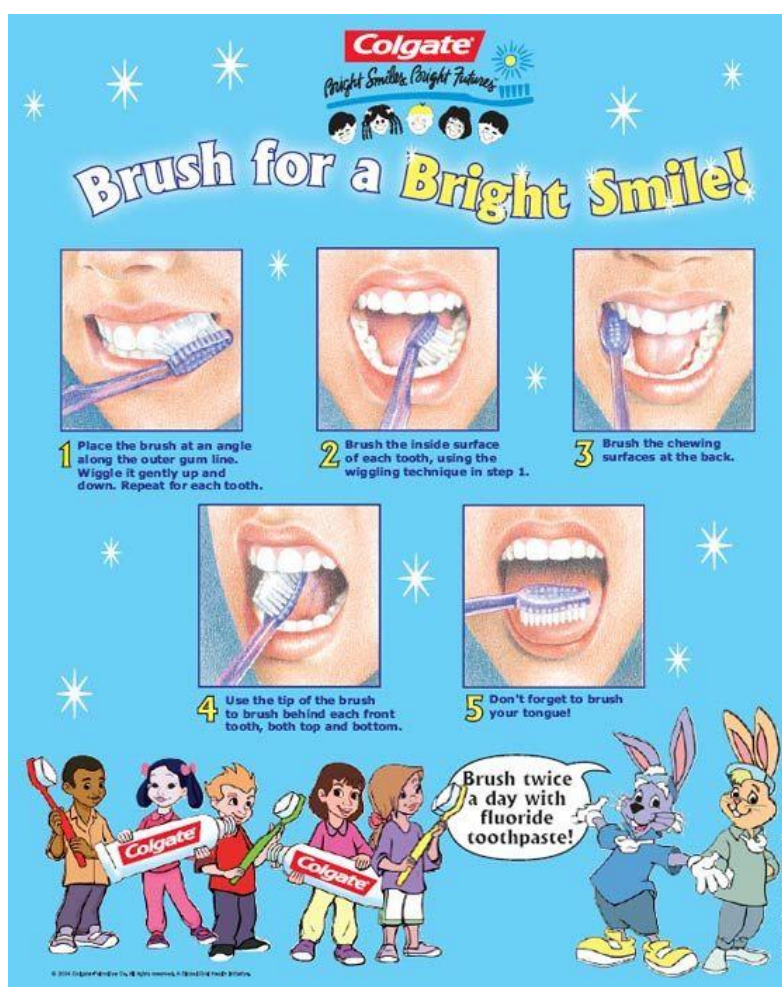
Pea-sized blob of toothpaste



## How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes. You could also try the [Brush DJ timer app listed on our Apps Library](#).
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

[Oral Health for Children \(colgate.com\)](http://colgate.com)





# Healthy Sleep Tips



Good sleep is important for your child's physical and mental wellbeing.

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

## Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.

## Know how much sleep your child needs

- The amount of sleep your child needs changes as they get older.
- A 5-year-old needs about 11 hours a night, for example, while a 9-year-old needs roughly 10 hours.



## Avoid screens in the bedroom


- Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.
- Older children may also stay up late or even wake in the middle of the night to use social media.
- Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.
- Encourage your child to stop using screens an hour before bedtime.



## Your child's bedroom


- Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20C.
- Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child earplugs.





# CORONAVIRUS

## Fact sheet for kids



### WHAT IS CORONAVIRUS?

A coronavirus is a type of virus. Coronavirus (COVID-19) is a new strain of coronavirus, which means no-one has caught it before and our bodies are not immune (protected) from it yet. It spreads very quickly and is making a lot of people poorly at the moment.

### HOW DOES A VIRUS WORK?

1. Your body is made up of millions of tiny cells.
2. Viruses can't survive outside the body for long, so they try to get into our cells.
3. When viruses get inside our cells, we get infected.
4. Once a cell is 'infected', the virus multiplies and can spread around the body.
5. Our body produces antibodies that fight the virus and help us get better.

To keep up to date with the latest advice and rules please view the following site:

[Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



Parent advice & support

Healthy lifestyles

School transitioning

Emotional health

**is your child  
5-19 and are you**

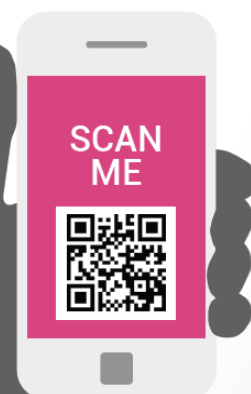
looking for confidential  
help and support?

A safe and easy way to contact  
your School Nursing Team

Just send a text or scan me

**07480 635 515**

Disclaimer: This is not an emergency service; it operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.



Improving  
LIVES