

# School Readiness Resource Booklet



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# Countdown to school

## 4 Months to go

- Check if your child has had their pre-school booster
- Start talking regularly about school
- Book a school visit

## 3 Months to go

- Practice dressing and undressing
- Set up morning and bedtime routines

## 2 Months to go

- Play games that involve taking turns
- Have a picnic and practice opening/closing lunchboxes

## 1 Month to go

- Label uniform and school belongings
- Try on uniform and take pictures



## 2 weeks to go

- Have a practice school run and talk about what you see

## Night before

- Prepare uniform/school bag together
- Put to bed with lots of encouragement and reassurance

## First Day at School

- Give yourself plenty of time to get there
- Reassure your child that you will return to collect them
- Try not to cry in front of them

## Pick up from School

- Arrive early. Talk to your child about their day. Any concerns talk to their teacher





# I am independent

I can		Colour in the face when you can do this
Dress and undress myself		
Wash my hands before eating and after going to the toilet		
Open my lunchbox and water bottle		
Use a knife and fork		
Go to the toilet by myself		
Ask for help		



# Toilet sticker chart

## My toilet sticker chart

	I said I needed the toilet 	I pulled my pants down 	I used the toilet 	I flushed the toilet 	I washed my hands 	I stayed dry all day 
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



# Potty Training Tips

## Top Potty Training Tips

**P**ants – Practice wearing them

**O**nly – Pull up clothes, no fiddly buttons

**T**oys – Placed by the potty. Make it fun!

**T**imings – Get a routine, every 2 hours possibly

**Y**es! – Give lots of praise and encouragement

**T**ons – Of drinks, 6-8 a day

**I**nstead – You can use a toilet seat and step

**P**atience – It's okay if it takes some time

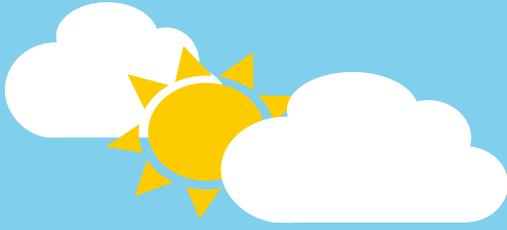
**S**ame – Let other people know your routine

**Just remember, you know your child best.  
So, start when you are both ready!**





# Establishing a good routine



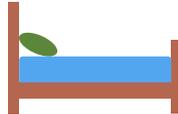
Morning



Night

## Routine

Make bed



Put away toys



Get dressed



Bath time



Brush hair



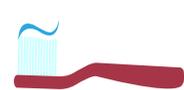
Put on PJs



Eat breakfast



Brush teeth



Brush teeth



Potty time



Get backpack



Story time



Put on shoes



Sweet dreams





## Useful Websites



### Tiny Happy People - Your words shape their world

You can access the website by scanning the QR code or visiting: [www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)



The Children's Bowel & Bladder Charity

### ERIC - The Children's Bowel and Bladder Charity

Wee and poo is what we do!  
You can access the website by scanning the QR code or visit: [www.eric.org.uk](http://www.eric.org.uk)



Herefordshire and Worcestershire  
Health and Care  
NHS Trust

Please scan the QR code to visit our website or visit: [www.hacw.nhs.uk/schoolhealthnursing](http://www.hacw.nhs.uk/schoolhealthnursing)



## Compliment, complaint or feedback about your care?

Email: [whcnhs.pals@nhs.net](mailto:whcnhs.pals@nhs.net)

Phone: 01905 681517 (Mon-Fri 8:30am - 4:00pm)

Web: [www.hacw.nhs.uk](http://www.hacw.nhs.uk)

Write: PALS, Herefordshire and Worcestershire Health and Care NHS Trust,  
Kings Court 2, Charles Hastings Way, Worcester, Worcestershire WR5 1JR

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