

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

Pants – Practice wearing them

Only – Pull up clothes, no fiddly buttons

Toys – Placed by the potty. Make it fun!

Timings – Get a routine, every 2 hours possibly

Yes! – Give lots of praise and encouragement

Tons – Of drinks, 6-8 a day

Instead – You can use a toilet seat and step

Patience – It's okay if it takes some time

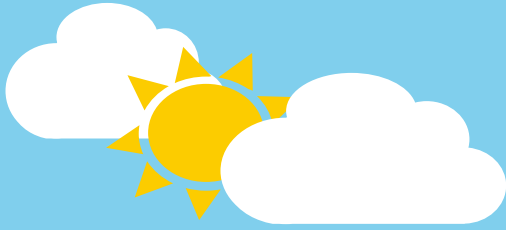
Same – Let other people know your routine

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





Establishing a good routine



Morning

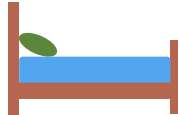


Night

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



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



**Herefordshire and Worcestershire
Health and Care**
NHS Trust

Please scan the QR code to visit our website or visit: www.hacw.nhs.uk/schoolhealthnursing



Compliment, complaint or feedback about your care?

Email: whcnhs.pals@nhs.net

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

Web: 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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