










My Getting Ready for School Handy Hints	Independence
<p>I can...</p> <p>...recognise my jacket and put it on.</p> 	<p>An adult at home can help me by...</p> <p>Giving me encouragement, lots may be needed!</p> <ul style="list-style-type: none"> *Encourage your child to be as independent as they can be in ALL tasks. *Provide many opportunities for them to explore putting on different jackets independently - as an extra challenge - try when it's inside out - can they sort it the right way before putting it on. *Make this a fun activity. 'Can you put your jacket on before I count to 10?' *Once they have their school jacket ensure they can recognise it as theirs. Add a name tag/mark they can easily identify.
<p>...fasten my jacket.</p> 	<p>Offering me support, patience is a virtue!</p> <ul style="list-style-type: none"> *Give lots of opportunity to experiment with zipping up a jacket. This is a very tricky achievement for little fingers. *Just keep on trying and encouraging - they will do it eventually!
<p>...put on and fasten my shoes.</p> 	<p>Allowing me to have a try by myself!</p> <ul style="list-style-type: none"> *Velcro is ideal for school, little fingers might not be ready to do laces quite yet. *Allow many opportunities to put on and take off shoes independently. *Talk about right and left and encourage them to try and remember which shoe goes on which foot. *Again, label shoes for coming to school.
<p>...use the toilet on my own.</p> 	<p>Encouraging me to be independent in the loo!</p> <ul style="list-style-type: none"> *Encourage your child to recognise when they need the toilet in plenty of time to get there. *Explain that at school children have to go to the toilet on their own as there is no parent there to help. *Ensure your child can clean themselves after doing the toilet. *Remind them to flush the toilet and wash their hands. *Most schools have hand dryers but some children may not like these - remind them it's personal choice - they can use paper towels to dry their hands or use the hand dryer.

<p>...wash my hands.</p> 	<p>Showing me the correct way to wash my hands!</p> <ul style="list-style-type: none"> *Encourage your child to wash their hands thoroughly after visiting the toilet and before eating snacks or lunch. Each hand wash should take at least 20 seconds. *I'm sure they are all experts at this after the past few months!
<p>...use a knife and fork.</p> 	<p>Allowing me to have lots of practice!</p> <ul style="list-style-type: none"> *Encourage your child to use a knife and fork when eating. These social skills can be tricky for little ones. *Discuss eating lunch at school with their friends and explain how important it is to have good skills at the lunch table.
<p>...ask for help if I need it.</p> 	<p>Reinforcing the importance of asking for help with anything that they may need!</p> <ul style="list-style-type: none"> *Discuss with your child that all staff, adults and friends at school are there to help them if they need it. *If they initially need help with shoes, jackets, snacks, lunch etc. this is not a problem. *If they need the toilet during class, they need to put their hand up to tell the teacher.
<p>...open my snacks.</p> 	<p>Promoting independence in opening snacks at home!</p> <ul style="list-style-type: none"> *Try not to open snacks you give your child. Allow them to explore and experiment ways they can do this for themselves. *Encourage your child to problem solve the task before you jump in and do it for them.
<p>...dress myself.</p> 	<p>Allowing me to do it by myself!</p> <ul style="list-style-type: none"> *Support independent dressing by laying out your child's clothes and asking them to get ready by themselves. *Start with pants, socks and vests. Once they have mastered this, move on to their outerwear. *Encourage them to remember if they take something off - like a cardigan or jumper, they need to remember where they left it and be able to retrieve it.