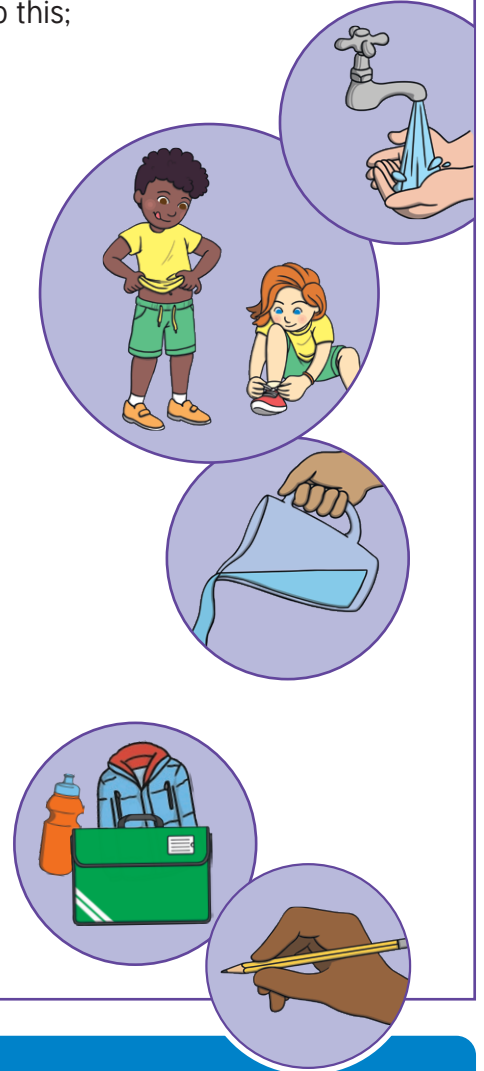


Getting Ready for Year 1

There are lots of ways to help your child get ready for year 1. Here are some key skills you can practise together at home.

Ask a grown-up to help you practise:

- washing and drying your hands and knowing when it is important to do this;
- wiping and blowing your nose;
- putting on and fastening your shoes and coat;
- putting on gloves;
- changing clothes - including turning clothes the correct way around;
- using a knife, fork and spoon;
- pouring a drink from a jug;
- opening food packets, containers and your lunch box;
- taking turns when playing a game;
- tidying away toys when you have finished using them;
- asking for help and explaining what's wrong;
- following simple instructions, such as putting away a toy;
- asking and answering simple questions;
- using child-safe scissors to cut paper carefully, following a line or to cut out shapes;
- writing your name (try writing your first name and your surname).



Other things you can do:

- Ask a grown-up to write your name into all your clothes, including your coat. Can you find and read your name on each piece of clothing?
- Learn about your birthday. When is your birthday? How old will you be on your next birthday?
- Talk about the things you need to take to school and bring home each day - for example, your jumper, coat, book bag and water bottle.
- Practise getting changed for PE. Can you take off your clothes and put them in a bag? Can you put on shorts and a T-shirt all by yourself?
- Talk about how you are feeling and know how to calm yourself down if you are feeling cross.

