

We are starting school!

What school are you going to?

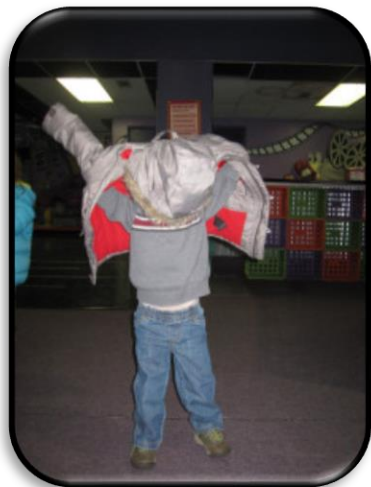


We are starting school!

What school are you going to?

## Starting School Together Challenge 1

Can you put on your coat and take it off?



### How will this help my child and top tips?

- ✓ This will help your child to be more independent!
- ✓ Watch this coat flip technique and then have a go with your child!  
<https://www.youtube.com/watch?v=3wRKDeKbAcI>
- ✓ Find clothing with zips, buttons and Velcro fasteners and practise trying to do them up together! Practise dressing teddies and dolls.

## Starting School Together Challenge 2

Can you go to the toilet and wash your hands all by yourself?



### How will this help my child and top tips?

- ✓ This will reduce possible accidents whilst waiting to go and encourage independence!
- ✓ Your child could practise by wiping a doll or teddy's bottom.
- ✓ Try to use positive praise. If they have an accident say things like "Don't worry, we will keep practising together."
- ✓ Read stories together such as 'I want my potty' by Tony Ross or 'Everybody poos' by Taro Gomi.



We are starting school!

What school are you going to?

### Starting School Together Challenge 3

Can you pour a drink carefully all by yourself?



#### How will this help my child and top tips?

- ✓ This will support your child when there are opportunities at school to pour their own water.
- ✓ Set up water trays/containers with cups and yogurt pots and encourage them to practise.
- ✓ Get your child to pour drinks during meal times for the family.
- ✓ Set up a teddy bears picnic and encourage your child to pour drinks for all of their bears.



We are starting school!

What school are you going to?

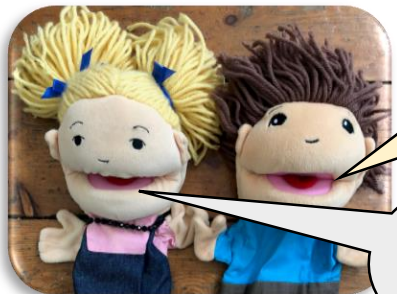
### Starting School Together Challenge 4

Can you catch a ball with two hands?



#### How will this help my child and top tips?

- ✓ Practise rolling a ball between you across the floor. This teaches your child to play with someone else as well as turn-taking.
- ✓ Show them how to catch a ball with both hands. Use underarm to throw a large ball to your child's chest. To start with, encourage your child to catch the ball by wrapping their arms around the ball and cradling it to their chest. As they get better see if they can catch a smaller ball!



We are starting school!

What school are you going to?



We are starting school!

What school are you going to?

## Starting School Together Challenge 7

Can you use a fork, knife and spoon when eating your food?



### How will this help my child and top tips?

- ✓ Let your children practise cutting skills on soft items e.g. playdough.
- ✓ Start with easy soft foods to cut like bananas. Challenge them to cut the items into several pieces. To create a game you could roll a dice for the number of pieces!
- ✓ After meals encourage your child to carry their own plate and cutlery over to the sink or dishwasher. Let them have a go at scraping any food waste into the food bin.

## Starting School Together Challenge 8

Can you tell me when your plate or pot has more or less things on or in it?



### How will this help my child and top tips?

- ✓ When serving up food at meal times encourage the use of more/less "Who has more carrots you or me?" "Can you see who has less peas than you?"
- ✓ Set up a picnic blanket and challenge your child to share out food into equal amounts. How many would there be if there was one more or one less item?
- ✓ When outdoors continue the use of more/less: "Are there more cars on this side of the road or that side?"



We are starting school!

What school are you going to?

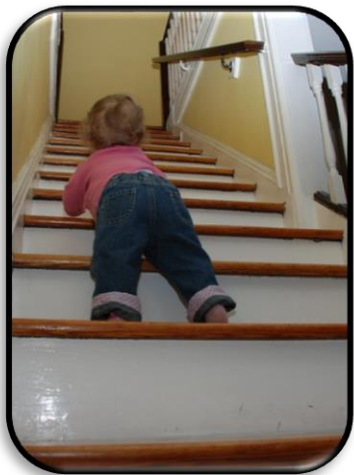


We are starting school!

What school are you going to?

## Starting School Together Challenge 5

Can you walk up and down steps all by yourself?



### How will this help my child and top tips?

- ✓ Practise stepping onto and off of a small step or stack of books. Use two different kinds of stickers, placing them on each step where your child's foot should go, alternating the stickers. E.g. if you use stars, put a red star towards the right side of one step and on the next step, put a blue star towards the left side or use masking tape!
- ✓ If they get really good have them practise whilst carrying an object.

## Starting School Together Challenge 6

Can you listen to simple instructions and do the thing(s) you are being asked to do.



### How will this help my child and top tips?

- ✓ Saying your child's name before giving them an instruction will help to ensure they are definitely listening.
- ✓ Begin by giving only one instruction. Then move to giving two or even three instructions e.g. Push your chair under the table, get your coat and wait for me by the door...
- ✓ To practise, you could play a game being robots and ordering each other around!



Waltham Forest



SENDsuccess



Waltham Forest



SENDsuccess





We are starting school!

What school are you going to?



We are starting school!

What school are you going to?

## Starting School Together Challenge 9

Can you sing a nursery rhyme all by yourself?



### How will this help my child and top tips?

- ✓ You could learn nursery rhymes together whilst out walking. Why not practise the school run at the same time!
- ✓ Nursery rhymes are a lot of fun and full of different sounds and are an important part of developing those early literacy skills.
- ✓ Try to identify different sounds around the home and outside do they match any sounds from any nursery rhymes.

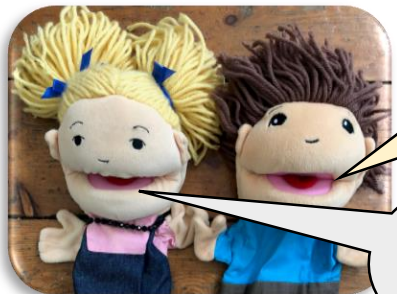
## Starting School Together Challenge 10

Can you tell me about the marks that you make?



### How will this help my child and top tips?

- ✓ Give your child the freedom to make their marks and have fun doing it!
- ✓ Create a variety of materials to mark make in e.g. mud, flour, paint, using chalks. Show them how to make letters or shapes and use language to describe these.
- ✓ Outdoor play is good for gross motor skills e.g. swinging, climbing, pushing.
- ✓ Develop fine motor skills playing with Lego or asking them to help to peg the washing outside.



We are starting school!

What school are you going to?



We are starting school!

What school are you going to?

## Starting School Together Challenge 11

Can you take it in turns when playing a game?

### How will this help my child and top tips?

- ✓ You could play a simple turn-taking board game e.g. Snakes & Ladders.
- ✓ How about working together and taking it in turns to add each brick when building a tower!
- ✓ Choosing which piece comes next when making a jigsaw.
- ✓ Car journeys are also great opportunities for turn taking e.g. games like 'I spy', or 'In my suitcase I packed...'



## Starting School Together Challenge 12

Do you know what you should do to help you and your friends to share things?

### How will this help my child and top tips?

- ✓ Set up activities that involving sharing and working together e.g. building blocks. You could share out the blocks equally or work together to build e.g. a tower.
- ✓ Imaginary games/role play can be a great opportunity to encourage playing with and making friends.
- ✓ Make suggestions to change the direction of their play e.g. I would like to be the shop keeper now. Why don't you be the customer?



Waltham Forest



SENDsuccess



Waltham Forest



SENDsuccess





We are starting school!

What school are you going to?



We are starting school!

What school are you going to?

## Starting School Together Challenge 13

Can you ask for help when you need it?



### How will this help my child and top tips?

- ✓ Your child may need reassurance that everybody needs help from time to time and it's ok to ask!
- ✓ Remember to tell them stories about times in your life where you have needed some help!
- ✓ It is great to make sure you know the names of any staff members working in your child's classroom. Talk about staff before your child starts school to get them used to saying the different names!

## Starting School Together Challenge 14

Can you ask and answer questions?



### How will this help my child and top tips?

- ✓ Make time to sit down together and have a conversation. Encourage your child to use eye contact and respond to show he/she is listening.
- ✓ Ask open ended questions to encourage more detailed answers and create language opportunities.
- ✓ Find something your child wants to know more about and come up with a list of questions together. Challenge them to find the answers with you.



SENDsuccess



SENDsuccess





We are starting school!

What school are you going to?



We are starting school!

What school are you going to?

## Starting School Together Challenge 15

Can you talk about the things that you like and the things that you dislike?



**How will this help my child and top tips?**

- ✓ Make time to talk about likes and dislikes. Ask your children why they like or don't like something this is an opportunity to extend their language and thinking skills!
- ✓ You can play games with food where your child talks about tastes they like/don't like. It's a fun way to encourage them to try new foods.

## Starting School Together Challenge 16

Can you move around in different ways? E.g. slither, hop, slide, skip...



**How will this help my child and top tips?**

- ✓ Before children can pick up a pencil, paint or use a pair of scissors with control they need to build the strength in their hands, wrists and fingers, as well as developing coordination between their brain and limbs. Get them balancing along lines, crawling through tunnels, climbing trees...
- ✓ Have fun moving in different ways to YouTube videos like this one: <https://www.youtube.com/watch?v=oLaJ4jyKBUY>





We are starting school!

What school are you going to?

## Starting School Together Challenge 17

Can you drink from a cup without a lid?



### How will this help my child and top tips?

- ✓ Encourage your child to sit down whilst drinking to prevent accidents.
- ✓ If they find it tricky you can use slightly thicker liquids initially like smoothies as they have a slower flow.
- ✓ If they do spill their drink try responding with something like: "Never mind let's clean it up together."



We are starting school!

What school are you going to?

## Starting School Together Challenge 18

Can you notice and make patterns?



### How will this help my child and top tips?

- ✓ There are so many patterns around us everyday! Make sure you talk with your child about them e.g. the lines on the roads, bricks in the walls, patterns in the wall paper or repeating patterns e.g. red flower, yellow flower, red flower.
- ✓ Patterns help children learn sequencing and to make predictions which leads to mathematical skills and to order events in their life.



We are starting school!

What school are you going to?

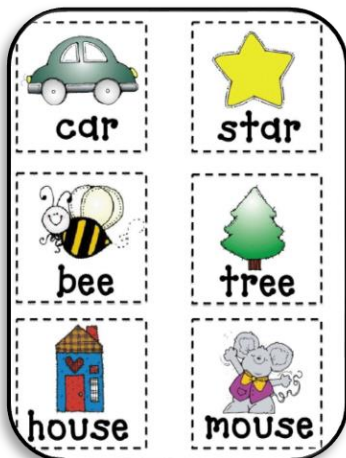


We are starting school!

What school are you going to?

## Starting School Together Challenge 19

Can you notice and think of words that rhyme?



### How will this help my child and top tips?

- ✓ Encourage your child to recognise rhyme in books they are reading e.g. His eyes are orange, his tongue is **black**, he has purple prickles all over his **back**!
- ✓ Sing rhyming songs e.g. 'Humpty Dumpty', 'Row, Row, Row your Boat' and emphasise the words that rhyme – "they have the same sounds at the end" "Humpty dumpty sat on a **wall**, humpty dumpty had a great **fall**"
- ✓ <https://www.youtube.com/watch?v=0AQ9rYamYGo>

## Starting School Together Challenge 20

Can you make up stories as you're playing with your toys?



### How will this help my child and top tips?

- ✓ Role play develops your child's communication and language skills through and make sense of real-life situations.
- ✓ It gives them opportunities to explore, investigate and experiment and develop their social skills as they play with others.
- ✓ Take on different roles with your child they will love their time with you! You might feel silly at first but then you will find your inner child!