

# Let's get ready!

Helping your child be ready for nursery and school setting

Find all your useful links here →



“How do I set a routine?”



If you are concerned about your child and their development or require any advice or support **please do speak out.**

There are many services that can help you and your child.

Getting support early is key, so why not reach out now?

Call Families Information Service on 0800 034 5340

[linktr.ee/barnsleyschoolsalliance](http://linktr.ee/barnsleyschoolsalliance)



↑  
Find out more with our film

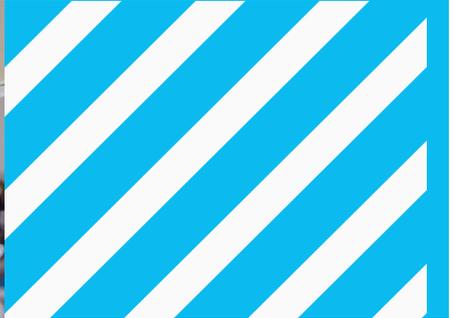
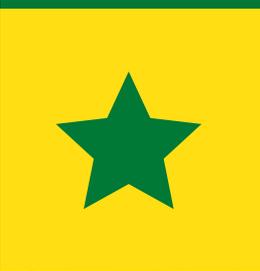


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Useful information

Head to the link above or scan the QR code to find links to:



Barnsley – the place of possibilities.



“Separation is daunting!”

## I'm anxious about **Separation**

Leaving your child can be hard but it does get easier. You can prepare for this by:

-  Setting a routine of getting ready for school
-  Attend transition sessions with your child
-  Show interest and talk about your child's day
-  Practise the school run so that you're all prepared for the morning school journey



## I need help with **Behaviour** & **Sharing**

Supporting your child to play alongside others and develop positive relationships. This can be done from a very early age:

-  Play games together which involve taking turns
-  Be positive about the good things
-  Establish clear routines
-  Be consistent, reacting to children's behaviour consistently helps with boundaries
-  Encourage your child to socialise with other children

## Where do I start with a **Routine** ?

Starting early with routines around bedtimes and mornings makes the school routine easier. Here are our top tips to start your child's routine:

-  Have a regular bedtime and story
-  Brush teeth before and after bed
-  Start the day with a healthy breakfast
-  Set a limit on 'technology time', particularly before bedtime
-  Set off and arrive at the same time daily.



## My child's **Speech** isn't quite where I hoped it would be

Speak to nursery, a health professional or school about your concerns. You can also work on this from a young age:

-  Talk about everyday routines and introduce new words e.g., when going shopping
-  Repeat your child's words and phrases back to them. This shows them that you are listening and will encourage them to keep talking.
-  Share books and rhymes with your child
-  Make time to talk!

## I need to get my child started with **Toileting**

Encouraging independent toileting before your child starts school really helps them settle quicker. Breaking tasks down into small manageable steps helps children and grown ups know what they need to do.

-  Encourage children to make someone aware when they need the toilet
-  Encourage toilet use – use the toilet at home and when out in public places.
-  Use toilet paper rather than moist wipes.
-  Encourage your child to drink water regularly. This can help encourage healthy and regular levels of bathroom use.
-  Help children to wash and dry their hands independently

## I need to get my child started with **Independence**

We really understand that children are still young but you will be really surprised at what they can do with a little support and practise.

-  Encourage your child to dress and undress by themselves, including taking shoes on and off
-  Praise your child when they try to do things by themselves
-  Try to use a knife and fork independently at mealtimes
-  Encourage them to ask for help when they need it
-  Practice nose blowing and using a tissue