



A Parent/Carer Guide - Starting School Skills

There is a lot to learn when your child starts school! Below is a selection of skills that your child will be developing during their first few weeks at school. Please support and encourage your child to practise these skills at home too and please speak to a member of staff if you have any questions or concerns.

Personal Skills

Encourage your child to:

- wash and dry their hands;
- use the toilet;
- use a tissue to blow and wipe their nose;
- put on and fasten their coat;
- put on and fasten their shoes.

Independence and Sharing

Support your child to:

- take turns when playing simple games and share toys.
- join in with games and activities with other people. Try having a friend round to your house to play – this is great for encouraging independence and developing confidence too.

Eating and Drinking

Talk to your child about how to:

- make healthy choices at lunchtime;
- look at the school menu and try some of the different foods. If your child will be having a packed lunch, try packing some lunches together. What would your child like to eat? Can they open different packages?
- use a knife, fork and spoon.

Speaking and Listening

Encourage your child to:

- listen to stories, songs and rhymes and to join in with repeated words or phrases;
- ask and answer simple questions;
- ask a grown-up for help when needed.

Reading and Writing

Support your child to:

- recognise their name when written down;
- hold a pencil to make marks;
- practise writing their name (using a capital letter for the first letter only).



Number Skills

Support your child to:

- count small groups of objects;
- practise counting to 10;
- sing number rhymes or songs.

