

Stepping Up

A transition project for children moving from Early Years settings to Primary School in North Inner City Dublin

Home activities to support school readiness

Language and Communication

- Read to your child regularly to encourage a love of books and reading. This will support their literacy and language skills.
- Reading specific books about starting school will help prepare your child for what going to school might be like. Remember that you can find and order books from your local library! There are lots of books to choose from, but here are some examples:
 - Llama Llama Misses Mama
 - Topsy and Tim Start School
 - Charlie Chick Goes to School
 - Do I Have to Go to School?
 - Harry and the Dinosaurs Go to School
 - Come to School Too, Blue Kangaroo
- Sing songs and rhymes together, tell each other jokes.
- Give your child opportunities at home to practice following instructions, e.g. asking them to tidy up, asking them to fetch their own belongings.
- Talk to your child about their day, give your child lots of opportunities to explain, question, tell and retell.



Fine and Gross Motor Skills

- Give your child pencils, markers, crayons, paintbrushes and sticks in the sand to draw, scribble or write.
- Practice using scissors.
- Provide opportunities for playing with building blocks and puzzles.
- Make time for active play such as running, jumping, hopping and skipping.



- Make time for playful activities at home including role play and dress up.
- Arrange times where your child can play with other children and practice sharing and turn taking.

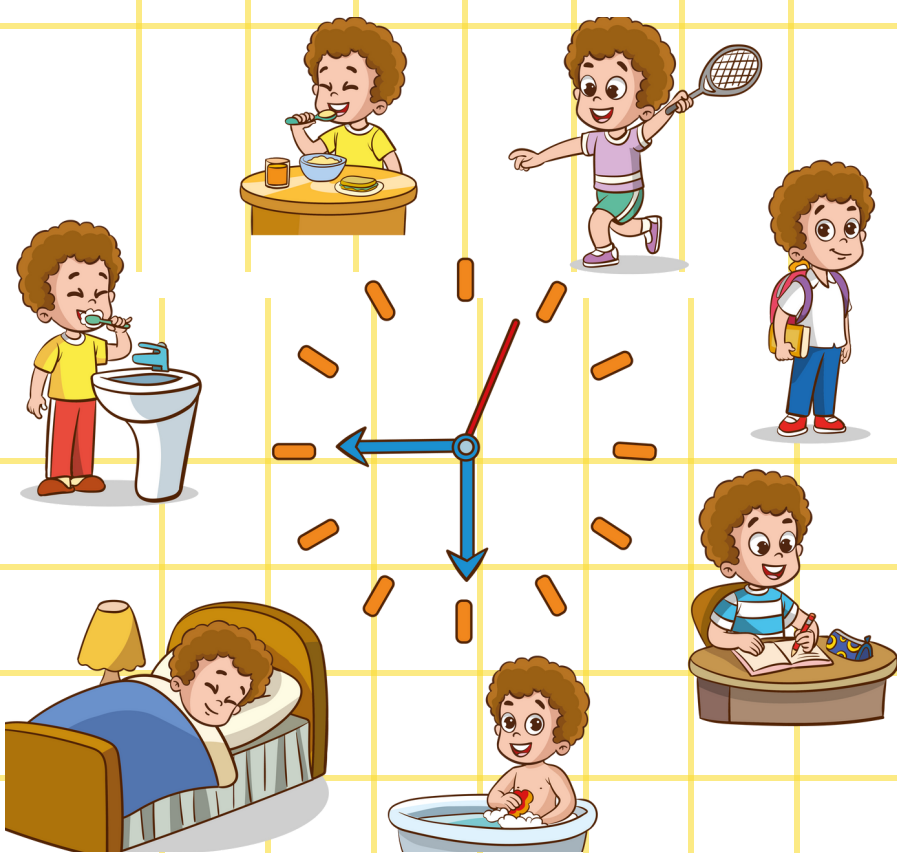
Play and Social Skills



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Routine

- Set a predictable morning and evening routine for your child. The familiarity of keeping this routine going when school starts will help your child adjust.
- Have a regular bedtime.
- As the start day for school approaches practice getting up early, putting on their uniform and packing their bag.

Self-Care and Independence

- Practice self-help skills to encourage independence.
- Support your child to dress themselves
- Support your child to use the toilet by themselves, including wiping and hand washing.
- Support your child to feed themselves at mealtimes.
- Encourage your child tidy away their own belongings and toys.



Emotional Wellbeing

- Practice going to new places to expose your child to new environments and people.
- Use positive language to talk about starting school and give your child the opportunity to talk about their concerns. Label and name their feelings for them and offer reassurance.



Toy Libraries Ireland enables families to borrow a wide selection of high-quality toys for a low or nominal fee. Borrow Toys – Toy Libraries Ireland