

Let's Get Ready for School Part 6

I can get myself dressed and undressed



Can your child get themselves dressed?
Can they undo buttons, use a zip and put
on their own shoes and socks?

Steps to Success



Fine motor activities

Play together to complete a range of fine motor activities as these will help build their skills in undoing tricky buttons and zips.

Ideas include:

- Lego
- Puzzles
- Threading
- Role play with figures eg Paw Patrol
- Playdough
- Cutting and Sticking

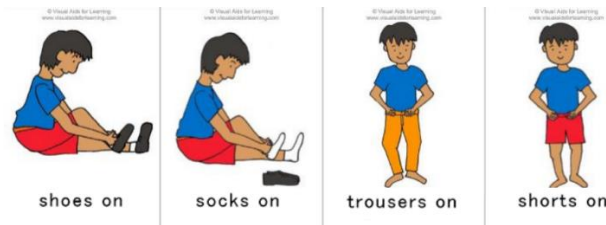


Practice putting on their uniform together

Provide your child lots of opportunities to wear clothes with buttons, zips and tights. This will help with most school uniforms.

Children learn in different ways so you might need to vary your approach. There are different ways you can help:

- Physically assist your child. Put your hands over your child's and help them to get dressed.
- Show your child. Put your clothes on at the same time as your child and show them what to do.
- Tell your child. Talk your child through the steps.



shoes on

socks on

trousers on

shorts on



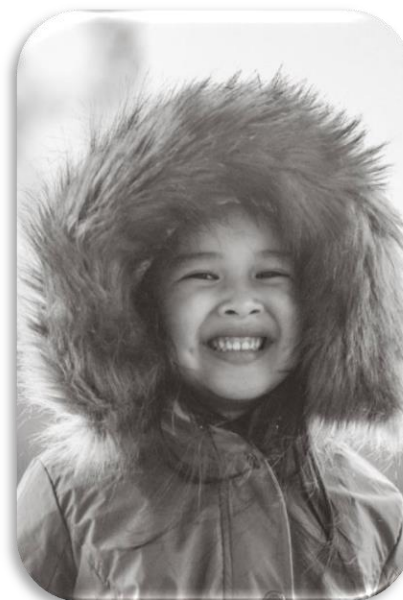
Useful websites

- <https://www.hct.nhs.uk/media/1255/developing-dressing-skills.pdf>
- <https://www.nhsggc.org.uk/kids/life-skills/self-care/dressing-myself/>

Let's Get Ready for School Part 7

I can put on my coat

Can your child take their coat off and put it on again? Are they able to zip it up? This self-help skill will ensure they stay warm outside.



Steps to Success



Start with a bigger coat

Loose fitting coats are easier to manage. Let your child practice by putting on your jacket or maybe an older sibling. Can you make it into a game? Who can get their coat on first?

Practice makes perfect when it comes to putting arms into sleeves. Use different tops to develop this skill.



Let them take the lead

It can be tempting to take over when your child is struggling to put on their coat, especially when you are running late! Give your child time to practice their skills and recognise by themselves when their coat isn't on quite right. Give them lots of encouragement and talk them through what to do if they get stuck.

Choose the best way for your child

Did you know that there are many different ways that you can put on a coat? When you find what works best with your child, share it with your child's network to ensure everyone is helping them the same way.

<https://youtu.be/DVRn0GYQBMY>

<https://youtu.be/lkx-f8-Llw>



Useful websites

- <https://www.nhsggc.org.uk/media/268376/putting-on-and-taking-off-a-jacket-information-sheet.pdf>
- <https://teachpreschool.org/2013/02/06/how-to-put-on-a-coat>

Let's Get Ready for School Part 8

I have enough sleep

Does your child have a good bedtime routine? Having enough sleep is important to ensure they are not tired for school.



Steps to
Success



Routine is key

Routines help children feel safe and build healthy habits. A routine helps to support children's body clock and aid relaxation. Top tips from "the Sleep Charity" include:

- Do the same thing at the same time each day, including having a set wake up time each morning. We know this is difficult at the weekend, but it is important to have these set times to support your child's body clock.
- Turn off all screens at the start of the routine, they may suppress the body's production of melatonin, the sleep hormone, and make it more difficult to nod off.
- A bath 30 minutes before bed can help to promote sleep, the decrease in body temperature after a bath can help us to nod off more easily.
- Once in bed sharing a story is a great way to end the day or older children may prefer to read independently.
- Take some time to plan your routine and write it down. Work out what time it will start, this should be an hour before your child goes to sleep. Display the new routine somewhere where everybody in the home can follow it.

Useful websites

- <https://localoffer.swindon.gov.uk/content/send-local-offer/landing-pages/health-landing-pages-and-content-pages/sleep/>
- <https://thesleepcharity.org.uk/information-support/children/bedtime-routines/>
- <https://www.bbc.co.uk/tiny-happy-people/top-tips-for-a-calmer-bedtime-routine/z7cw2fr>

