

Let's Get Ready for School Part 9

I can tidy up and look after my belongings

Can your child tidy up their toys when they have finished playing? Can they recognise their coat, water bottle and bag?



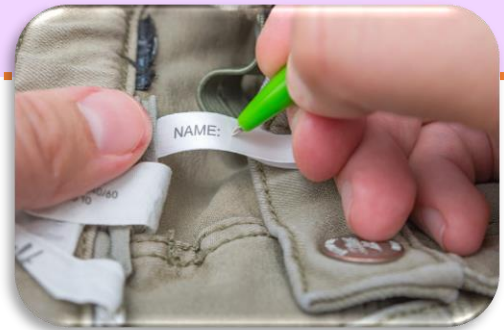
Tidy up time at home

Encourage your child to help tidy up after themselves at home. This will encourage them to do the same with resources at school. Develop your child's confidence by asking them to tidy away specific items such as 3 red bricks.



Label everything!

Anything your child takes into school, make sure it has a label. Staff will be much more likely to find it if it goes missing! It will also help your child find their belongings at the end of the school day. A labelled water bottle is easier to find amongst 30 other bottles.



Remember this rhyme...

Choose it!
Use it!
Put it away!



Useful websites

- <https://www.earlyyearscentre.org/eyc/enabling-environment/top-tips-encouraging-children- tidy/>

Let's Get Ready for School Part 10

I can eat meals sitting at a table



Can your child use a knife and fork? Are they able to open fruit or packaging by themselves? Can they drink from an open cup?



Meal Time Environment

Sitting at a dining table allows your child to be part of the group and enjoy the social benefits of eating together. It also aids skill development as they can watch how you hold your cutlery, lift your cup etc. You can model for them, and sitting side by side or opposite your child is a good way to do this.

Open it alone

Model and support your child in opening wrapped items such as biscuits or crisps. Assist them in peeling fruit as this may be given at snack times.

Using a knife and fork

Think about the utensils you are using. Spoons or forks with thick and/or textured handles are easier to hold. A spoon or fork with a short handle is easier to control. Consider the weight of the cutlery.

Sometimes something heavier can be easier to control. Use a bowl or plate with a raised edge so the child has something to scoop against. Place a non-slip mat underneath the bowl or plate to prevent it sliding when your child is learning to scoop, stab, spread or cut.

Encourage a good cutlery grasp right from the start; your child's index finger should point down the back of the fork or knife towards the prongs and blade.

Useful websites

- <https://www.nhsggc.org.uk/media/272352/sitting-at-table-information-sheet.pdf>
- <https://www.nhsggc.org.uk/media/272346/using-cutlery-information-sheet.pdf>

