

Let's Get Ready for School Part 11

I can follow instructions

Can your child follow instructions? Are they able to understand the importance of rules in keeping them safe?

Steps to
Success



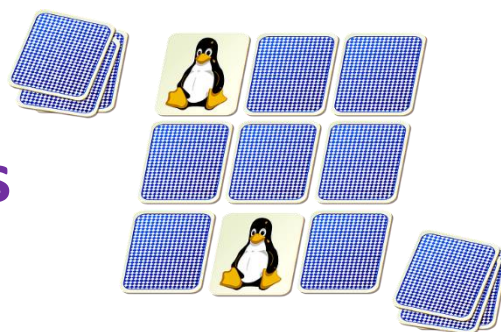
Get your child to help

Give your child simple tasks to do such as putting their shoes away when they come home or tidying away toys before dinner time. These simple expectations will help your child understand the importance of following rules and instructions.



Useful websites

- <https://www.understood.org/en/articles/10-tips-to-help-your-child-follow-directions>



Play games

Games are a great way to introduce simple instructions and rules to young children.

How to give effective instructions to children

- Gain your child's attention by saying their name and getting to their level.
- Be specific in your request e.g. "pick up 4 blocks" instead of "tidy up".
- Use "wait time", a three- to seven-second pause after you say something or ask a question. Research shows that kids process better what you have to say — and respond to it appropriately — when they let it sink in.
- Give instructions one at a time.
- If possible, use visual clues.

Simon Says is a great game to play to develop your child's skills in following instructions.

Let's Get Ready for School Part 12

I can share

Is your child able to share toys? Can they take turns when playing?

Steps to
Success



Play turn taking games

Games are a great way to sharing and taking turns. Use language such as "I have had a turn, now it's your turn".

Empathise with your child

Learning to share can be challenging. Tell your child you recognise how hard it can be to share and that you know they are feeling upset.

Praise

Praise! Praise! And more praise! Stay positive and notice your child sharing or waiting for the turn.

Support your child

Teaching a young child not to snatch an item that they want from a child is also a much more age appropriate strategy than expecting the other child who is involved to share with them. This is because you will be teaching the child how to control their impulses. This is a key skill that toddlers need to learn - and it helps them understand that there are sometimes 'boundaries' that they need to respect. They will also learn about what is not theirs to take.

Highlight to your child how good it feels to be shared with. Slowly they will realise that sharing can be a powerful way to connect with other people.



Useful websites

- <https://www.annafreud.org/early-years/early-years-in-mind/common-difficulties/sharing/>
- <https://www.emmasdiary.co.uk/baby/child-behaviour/teaching-your-toddler-to-share>

Let's Get Ready for School Part 13

Immunisations

Are you child's immunisations up to date?



Steps to
Success

Pre- school vaccinations are:

2 doses of MMR

4 in 1 pre-school vaccination

Protect your child with childhood immunisations

Your child will be making lots of new friends when they start school and could be at risk of catching preventable diseases if they haven't had all their childhood immunisations.

If you are not sure your child has had all their routine immunisations, check their personal child health record (red book) or contact your GP practice.

Benefits of immunisation

Immunisation is a way of protecting against serious diseases. Once we've been immunised, our bodies are better able to fight these diseases if we come into contact with them.



Useful websites

- https://www.swindon.gov.uk/info/20024/health_and_wellbeing/213/infectious_diseases_and_vaccination/3
- <https://www.nhs.uk/conditions/vaccinations/>