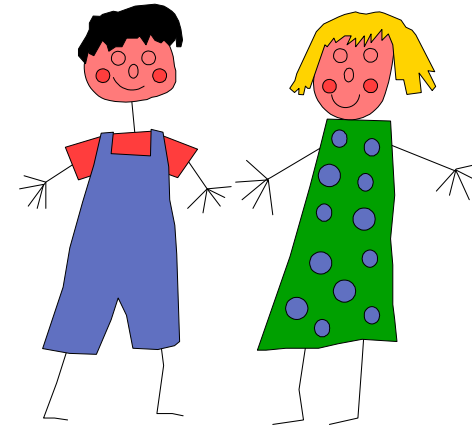


# Getting ready for school

Developing Independence



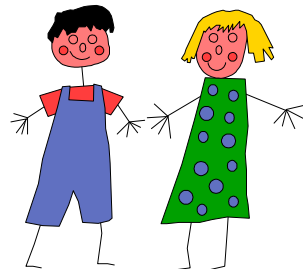
**“Learn, sparkle &  
shine...”**

at St.Peter's C.E.Primary School

**“I like to do  
things on my  
own”**

# Self - Help Skills

It is important that you let your child practise various self-help skills before coming to school. These include:



- toilet / washing hands
- putting on / taking off coat
- undressing / dressing self
- fastening buttons / shoelaces
- using a knife and fork

The more practise your child gets with these self-help skills, the more independent they will be when they start school, especially when changing for P.E.

These skills will obviously be practised at school and reinforced on a daily basis, but the more self-help skills your child has, the more independent they will become during their first year at school.

As soon as your child feels confident enough to come into school and hang his/her coat up on their own please can you allow them to do this.

## Getting ready for school

### My check list

#### I can...



Open and close my own book bag...

Open and close my own PE bag....

I can have a go at getting dressed and undressed be myself...

I can change into my PE kit by myself...



I can go to the toilet on my own...

I can wash and dry my hands...

I can wipe my own nose...

I can use my knife and fork...

I can share with my friends.....

