

Supporting your child to start school in September

Is your child ready to start reception class?



Starting school can be both an exciting and nerve-wracking time for you and your child. Your little one is about to take a big step and start a new chapter of their life.

When your child starts school, care will pass from the health visiting team to the school nurse team. We've included a number of checklists to help you and your child prepare for reception. Please don't worry if your child isn't able to complete the checklists, these are only ideas that can support your child to be school ready.

The information in this leaflet is only a guide. If you have any queries or worries about your child starting school you can contact the school nurse team on **0151 514 0219**.

Please complete the checklists with your child:

Self-care

- I can wash my hands
- I have a regular bedtime, so I don't get too tired for school
- I can tidy and look after my belongings
- I can ask for help



Getting dressed and undressed

- I can do up buttons and zips
- I can put on socks and shoes
- I can get changed for PE
- I can put on my coat
- I know certain parts of my body are private



Independence

- I can talk about myself and my feelings
- I'm not sad if I am away from my parents/carers
- I have practiced holding a pencil and can recognise my own name



Mealtimes

- I can use a knife and fork
- I can open my packed lunch
- I can open wrappers by myself
- I eat at set mealtimes



Interests in the world

- I enjoy exploring new things
- I ask lots of questions
- I can follow instructions and understand rules



Toileting

- I can go to the toilet alone, wipe myself clean and flush the toilet
- I can wash and dry my hands without help



There's lots of information on our website to support your child's journey into reception - www.wchc.nhs.uk/children or like our School Nurse Facebook page - [My Health Wirral](#).