



Steps to Starting School

1

I know when to wash my hands and I can wipe my nose

2

I can use the toilet by myself

3

I can put on my clothes and shoes by myself

4

I can use a knife and fork and open my lunch box by myself

8

I can ask for help and know to tell a teacher if I don't feel well, or I am worried

7

I have had my vaccinations including the MMR (for measles, mumps, and rubella)

6

I have a good bedtime routine so that I will not be tired at school

5

I am used to playing and sharing with other children



Get your child ready for their new routine.

Consider switching their meal times to match those of the school day.



Talk to your child about their new school.

Ask them what they are looking forward to.



Check your Red Book for your child's vaccinations record.

Contact your GP practice if you have any questions.



Every child is different and starts school with different abilities.

Talk to the school if you are worried.

