



# JAMES AITON PRIMARY

## PRIMARY 1 TRANSITION



### Preparing your Child for Starting School

#### Developing Independence

It is our pleasure to work in partnership with you as your child prepares to begin their educational journey at Primary School.

There are many things you can do to prepare your child for starting school - this information sheet will consider what you can do to help your child become independent, and as a result, confident in their own abilities when they start Primary 1.

- ❖ Encourage your child to dress themselves. By dressing themselves, not only does it ease the pressure on you as the parent, but it also benefits your child by developing co-ordination, sequencing, memory and spatial awareness. Who knew putting on your own clothes was such a great learning activity?



- ❖ In the same way, encourage your child to put on and fasten their own shoes. Velcro fastenings are easiest for young children! This also lends itself to a simple discussion of "left" and "right", and how we know we have our shoes on the correct feet.



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- ❖ At school, your child will frequently be putting on and taking off their coat / jacket, so help them become independent in this too. Can your child fasten their jacket by zipping it up or doing up the buttons (buttons are trickier!)?



- ❖ Encourage your child to visit the toilet independently, and afterwards to wash and dry their own hands.



- ❖ Help your child to understand the importance of washing hands for hygiene, and show them how to do this properly.



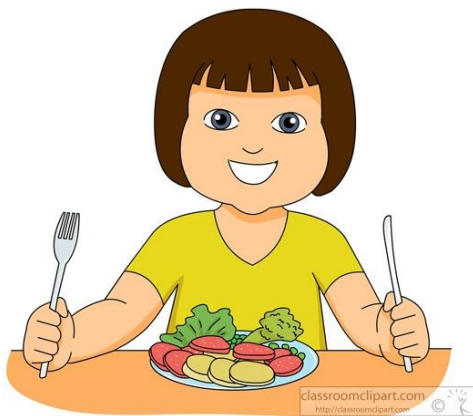
- ❖ At school, your child will probably have a snack at break times, so encourage your child to open their own snacks (opening packets, peeling fruit, etc) so that they are able to do it at playtime and lunchtime.



- ❖ Encourage your child to put all their rubbish in the bin. Not only will this help to keep our playground clean and tidy, but it will also help your child become aware of their environment and to become a responsible citizen who takes care of their surroundings.



- ❖ Prepare your child for eating in the School Lunch Hall. Encourage them to practise using a knife and fork, to carry their plate, and to tidy their plate away after they finish eating.



In being able to do all these things independently, your child will feel like a "big boy" or "big girl" who is ready to start school. We look forward to helping them on that journey when they join us here at James Aiton Primary.