

From mountain to sea

Educational Psychology Service **Tips and ideas for parent/carers to help prepare your child** **for a key transition during covid-19.**

Nursery into primary 1



Practice skills:

- ❖ Begin to follow a very simple daily plan, you can use pictures to represent the activity you are doing. This will help your child follow an adult led routine and move away from being more self-directed.
- ❖ Change in and out of gym clothes
- ❖ Putting on and taking off shoes and coats
- ❖ Toileting independently
- ❖ Good listening skills using games like traffic lights, Simon Says, I went to the shops and I bought...



- **Eating:** whether having a school or a packed lunch, helping your child prepare for lunchtime is very beneficial. Useful lunchtime skills include: being able to use a knife and fork, opening their own lunchbox and being able to open everything in their lunchbox, some yoghurt tubes and drink cartons can be quite tricky so do check at home beforehand.

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- **Packing school bags:** This might be the first time your child will be responsible for their own belongings. It is a really good idea to encourage your child to get into the habit of packing their own bag. You can practice this beforehand by having picnics in the garden or the local park and leaving out the bits and pieces needed for your child to collect and put into their bag.

Making Choices:

- ❖ **Lunch:** Make a choice for lunch between fixed options. You can also show your child a lunch menu on the Aberdeenshire website which might help them feel excited about school meals. The Aberdeenshire school menu is interactive and you can click on the menu items. This gives the recipe for the dish, you could make this at home if some children are unsure of the foods.
- ❖ Think through snacks for “playtime”- what will they like to take with them? Getting children involved in these decisions gives them a sense of ownership.



Learn about the school:

- ❖ Go on to the school website and see any photos of teachers or pupil activities which are there. If the school are on Facebook or Twitter then use these to show them videos or pictures of different school activities and key members of staff.
- ❖ Some schools may send out specific transition information, use this to talk to your child about the school. Think about what is the same and what might be new or different.
- ❖ Think about the uniform. Perhaps think about getting a jumper to play in or dress up and pretend play at going to school. Role play is a great way to help children think about new routines and changes. You can begin practicing with pencil cases, lunch boxes etc.

Getting ready:

- ❖ Nearer the time:
 - Prepare something that they can take in to school on their first day to show their teacher. Children often like having something concrete to take with them and although schools may individually ask for this in

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- different ways some “show and tell” photos or information that they have put together over the lockdown may help them to feel more secure
- Make a visual plan for them to plan out their first day, My Big Plan. Consider what time they get up, what they wear, how they will get to school – who will they go with, what they will need to take etc. It could also include other children that they may know who will be there, if you know this information. It is good to keep it really detailed and concrete so they can understand and it feels real to them. It might be good to include a special breakfast that day or a special snack so that they feel excited about going to school.
 - Consider walking past the school (if appropriate) and look into the playground and point out interesting features. Begin to establish a route to school as it may be a new route to many and can be a reassuring task for both parents and children and fun along the way, timing it and spotting features.



- ❖ Key messages to talk to them about are:
 - Adults are helpful and will keep you safe
 - You can talk to them about anything that is tricky

- The following website is a good resource for more information.
- ❖ <https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1>



Developing motor skills:

- ❖ <https://www.aberdeenshire.gov.uk/schools/parents-carers/support-for-families/developing-motor-skills/>

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❖ Books about starting school:

