

# Getting Ready for Primary One

Helping your child prepare for their next adventure

# This resource is all about connecting

In Primary Behaviour Support & Provisions we are guided by the 6 Principles of Nurture. The sixth principle recognises the importance of transition in children's lives.

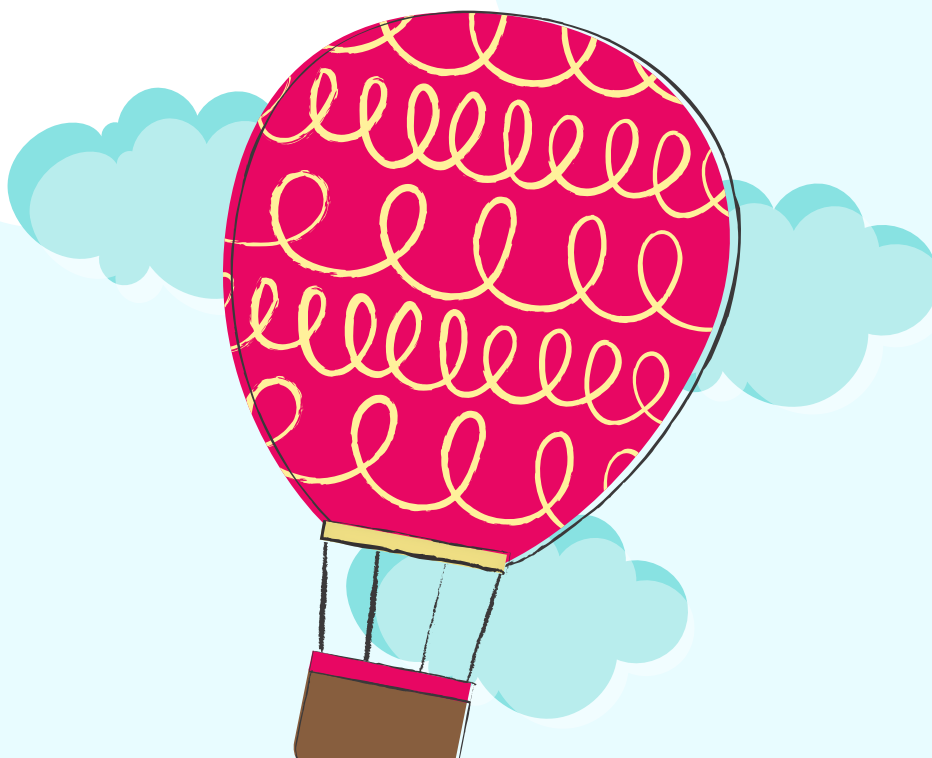
As a result of the current circumstances brought about by the lockdown, our preschool children have experienced additional transitions in the last year. As parents you have also experienced additional transitions including home schooling and maybe working from home alongside caring responsibilities. Whatever our circumstances, this period may have stretched our mental well-being and our relationships.

It is important to acknowledge, it's not about being a perfect parent, it's about being "good enough." Right now it can seem impossible to make time for yourself, to think about yourself or practice self-care, but this is the time when you need it most.

Take some time to process the changes around us and what the new normal is.

## Using this Resource

Use the ideas given to help prepare your child for their transition into Primary 1. We would encourage you to reach out to the school and teaching staff and find out as much information as possible. Developing positive connections with school staff will help to shape your child's perception of the school environment. Encourage your child to think positively about their new adventure, this can help us to overcome challenges of all sorts.



# Carpet Activities

In the Foundation Stage your child will spend some time sitting on a carpet. It is important to teach them how to do this and actively listen at the same time. Showing them how to physically sit on the floor is an excellent way to prepare for this.

**Play clapping games while sitting together on the carpet.**

**Practice singing nursery rhymes with your children along with the actions.**

**Seated on the carpet with your legs apart and toes touching roll a small ball back and forth and try to keep it from rolling away.**

**Spend time on the carpet completing a jigsaw together.**

# Building Independence

Independence is a vital skill for your primary school child to develop – but it's not always an easy process. Many of us feel that our children are unable to get anything done without a lot of help.

If you have a pet at home get your child involved. Teach them how to look after the pet such as help with feeding or grooming.

Teach your child to put their shoes on the correct feet. You could draw half of a smiley face on each shoe so that they have to match it up.

Help them to learn a new skill, like buttering their own toast or carefully slicing a banana.

Teach them how to identify their coat and put it on without help.

# Meet a friend outdoors

Socialising with other children their own age helps children learn the vital skills they will need in later life. Interacting with others gives children the chance to establish boundaries, note how others react to their actions and find ways to resolve conflicts amicably; all valuable skills that they will take into adulthood.

Go for a walk and do a nature challenge. Make a daisy chain or find a butter cup.

Draw or create pictures using leaves and twigs you find on your walk.

Talk with your child and their friend about nursery. What was their favourite toy? Do they have a funny memory?

Use the outside space as your playground. Use your imagination are you on a pirate ship or in the jungle?

# Get Ready for School

Starting primary school can be daunting for you and your child, but it marks the start of an exciting new chapter. Before you know it, your child will be making friends, learning new skills and becoming increasingly independent. Making sure your child can recognise their name will help reduce stress in the cloakroom or classroom.

Get to know the names of the adults in your child's class and think of ways to help them remember them.

Practice having a packed lunch picnic so they understand how to pack away their lunch box.

Practice the morning routine of getting to school whether you walk, cycle, drive or take the bus.

Teach your child how to ask an adult for help using kind words.

# Helping each other at school

Starting Primary School this year is very different to any other year. Our children will have missed a lot of valuable learning time at nursery. We need to prepare our children to be understanding of one another and how to tell someone if they have any worries about themselves or their new friends.

Practice games that involve turn taking. This will help them with their new classmates and friends.

Help your child to understand that everyone is new and that we all have different needs.

Help your child to learn how to introduce themselves to new friends and find out their name.

Explain that you can use kind words to solve problems but if you think a friend needs an adult to help go and ask one.