



Starting Well Partnership

IS YOUR CHILD READY FOR SCHOOL?

All children learn at different rates, this is just a guide



I can open my packed lunch and use a knife, fork and spoon

Eating

I enjoy stories, nursery rhymes and conversations

I can talk in sentences and people can understand me

Practice going to the toilet Zips and Buttons

I can dress and undress myself

Speech and Language

I wear pants to school and I know when I need the toilet

Self Care

Switch electrical devices off 1 hour before bed

4-6 year old children need 10.5-11.5 hours of sleep a night

Sleep

Good bedtime routine

Telephone Advice Service: 01905 520032