

Starting school soon? Some things to try for ... Health & Wellbeing

Go out and move about!

Just being outdoors and in nature is good for kids and there is a lot they can learn from outdoor play

Run around, jump, play throwing games, chasing, anything that is fun and moving

See how many birds, or trees or clouds you can spot

Splash in some puddles and squelch in some mud

Routines and self-care

Practise some independence skills - hanging up your coat, doing a zipper or a button

Ideas to support these if your child finds them tricky are on [bumps2bairns.com](https://www.bumps2bairns.com)

Use the same language each time practising a routine - especially, "first", "next", "last"

Establish some bedtime routines with stories and cuddles so everyone gets a good sleep!

One small step ...

Make sure your child has all the info they need about school, anything your child wants to know

Find out about your child's teacher and meet them if you can (online is fine)

If your child is overwhelmed, name their emotions to help them understand what is happening

If your child is worried about leaving you, perhaps there is a small toy they can take to feel connected

Don't worry about ...

If your child still needs a bit of help with self-care, that's not a problem, let the school know!

If your child has worries about school, do listen to them and chat about how they can solve them

If you have worries about your child starting school, don't hesitate to speak to school staff who will be happy to help

Catching up - all children have missed time during lockdown and schools will be ready