RINGMER READINESS

Starting school is an exciting milestone for your child. Here are some ways you can ensure they are 'school ready' for starting with us in September...

TOILETING



School readiness looks like:

- ★ Being able to recognise when they need the toilet
- ★ Being able to use the toilet independently, including wiping and flushing
- ★ Knowing how to wash their hands with soap and water independently

How you can support at home:

Ensure your child is fully toilet trained; praise independence; teach them how to wipe themselves; talk about why washing hands is important.

DRESSING



School readiness looks like:

- ★ Being able to put their coat on independently
- ★ Being able to take their shoes off and put them on independently
- ★ Having a go at taking clothes off and putting them on independently

How you can support at home:

Give your child enough time to get themselves dressed; practise the steps of taking clothes off and putting them on; practise zips and buttons at home.

PLAYING & SHARING



School readiness looks like:

- ★ Being able to wait their turn when playing or at food times
- ★ Being able to share with other children and use kind hands
- ★ Being able to say/sign when they would like a turn

How you can support at home:

Play turn-taking games at home; practise and read stories about sharing; involve your child in sharing out food at meal times; practise asking/signing for a turn.

FOLLOWING INSTRUCTIONS



School readiness looks like:

- ★ Responding to and looking at the person speaking when their name is said
- ★ Being able to follow simple instructions like 'put your coat on and line up'
- ★ Understand instruction words like 'stop', 'wait', 'walk'

How you can support at home:

Play instruction games like simon says or follow the leader; give your child a simple instruction and praise them when they can follow it independently.

COMMUNICATE THEIR NEEDS



School readiness looks like:

- ★ Being able to say or sign when they need the toilet
- ★ Being able to tell an adult or indicate to an adult when they are hurt
- ★ Being able to say or sign when they need help with something

How you can support at home:

Encourage your child to approach an adult when they need something and praise them for doing so; learn the makaton sign for toilet or help.

EATING & DRINKING



School readiness looks like:

- ★ Being able to eat their food independently, using a knife, fork & spoon
- ★ Being able to sit on a chair for the duration of meal times
- ★ Knowing how to drink out of a water bottle and unscrew their own bottle

How you can support at home:

Allow your child to experiment using cutlery tools with playdoh at first to build strength and confidence before teaching them how to use cutlery with food; use a timer if needed to show how long your child needs to sit for.

TIDYING

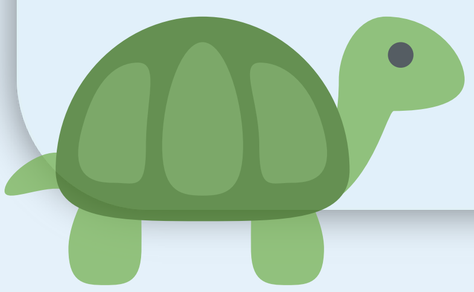


School readiness looks like:

- ★ Being able to stop playing when it is time to tidy up
- ★ Know that tidy up means putting things away where they go
- ★ Being able to put things back in the right box

How you can support at home:

Explicitly teach your child how to tidy up their toys; practise stopping playing when they hear a sound e.g. a bell, an adult saying stop; make tidying up a game - can they find the special object?



'Ringmer Readiness' is based on The School Readiness Survey, 2025.

If there is a reason why your child might find some of these things tricky in September then please let us know so that we are able to support them.

DMAT

Getting Better Never Stops

