

Activities To Support Your Child

Below are some suggestions that can help your child to feel settled and confident at school. This will ensure they are well prepared to learn to the best of their ability.

- Make sure your child sleeps well and has a nourishing breakfast and drink before school each day.
- Encourage your child to independently use the toilet and wash their hands.
- Encourage your child to dress him/herself. Start with them putting on their own coat and shoes.
- If your child still uses a dummy, please let us know, as we may be able to support you.
- Talk to your child about what they did at school. What did they enjoy? Who did they play with?
- Play board games and join in your child's play.
- Give your child the opportunity to play outside, run around, ride their bike etc.
- Let us know if you have any concerns, however minor – contact 'help@bishopalexanderacademy.co.uk'
- Share books with your child.
- Take opportunities to spot numbers, words and letters in different places in your house/on a walk etc.
- Help them to be independent by looking after their own things, tidying up their toys, helping you around the home.