Getting Ready for Year One

Bedtime	I can brush my teeth. … with help	I can listen to a story.	I can go to sleep early.			
Look after myself	I remember to wash my hands after the toilet	I can try lots of different foods.	I can use a knife and fork.	I can wipe my nose. Put the tissue in the bin.	I can get dressed by myself	I can remember what I need to take to school.
Listen & talk	I can follow a set of instructions.	I can ask for help. Please can you help?	I can say if I don't understand something.	I can join in with rhymes and songs.	I can talk about what I see.	I can say how I am feeling.
Play and make friends	I can choose and tidy away resources.	I can play with other children.	I can share with other children.	I can take turns.		
Ready to learn	I can walk to school.	I can draw a picture and talk about it.	I can talk about the book I am reading.	I can write a sentence and read it back.	I can count and talk about numbers up to 10.	

How you can help your child get ready for Year One:

- **Talk** with your child.
  Have lots of conversations throughout the day.
- Support your child to get into a **regular routine**.
  For example: getting up, meal times and bedtime
  (NHS recommends at least 11-12 hours sleep).
- **Limit screen time** [television and ipads]
  The less time your child spends on a device the better.
- Share, read and talk about **books** with your child.
  Encourage them to talk about books. Try visiting your local library.
- **Move** and have fun outside.
  For example: play in the park, ride a balance bike and ball games
  (NHS recommends at least 3 hours a day of physical activity).
- Spend time together **out and about** in your local community.
- Plan for your child to **play** with **other children**.