



How do I prepare my child for Primary 1?



Every year parents look for ways to prepare their son/daughter for Primary 1 but actually our job in school is to prepare for your child coming to us, at whatever stage of development they are at. Instead of giving you a list of academic necessities for starting P1 we have created this list of skills for independence that are really helpful, but not essential to be able to do when starting school.

Please don't use this as a checklist, more as a list of things to encourage over the coming weeks that you can do as part of your regular daily routines. It is in no particular order.

Think about:

Hygiene

Help your child learn to properly wash their hands; back and front and in between for at least 20 seconds [NHS wash your hands song](#)

Develop a routine of washing hands after the toilet, after coughing or sneezing, before eating and after outdoor play.

Blowing noses - encourage the habit of binning the tissue afterwards and then washing hands



Independence

Toileting - start encouraging your child to clean themselves after using the toilet.

Dressing themselves - Putting on shoes and boots, jackets, cardigans and jumpers and being able to change and redress for PE

Buttons, zips and velcro - it is great if children can open fasten their own clothes (please only wear laces to school if they can tie independently) The Occupational Therapy for children and young people Facebook page has lots of great tips for developing fine and gross motor skills

Tidy up after themselves, you may welcome this one! Sometimes we use this [Tidy Up Song](#)

Look after their own equipment, can they remember to bring their own jumper in from the garden?

Carrying their own things - work on packing and unpacking items from a rucksack and challenge them to carry their bag themselves when you are out and about



Eating and Drinking

Opening packaging on snacks, including peeling fruit

Opening and closing own water bottle, consider buying one where the spout doesn't need to be touched to open it

Using cutlery - staff will assist but if children can do it with some independence it is really helpful



Names

Identify their own name so they can recognise tray and peg labels

Trying to write their own name, only using a capital letter at the start of it (this really helps when they do any work on paper but staff will write names on for those that can't do this yet)

Resilience

Winning and losing - Be able to cope when they don't win in a game. It is nice to let your little one win a board game when you play together at home but if they play with friends in school there can only be one winner!

Be able to ask for help when they need it

Cope with getting something wrong [Watch the Mojo Resilience videos on Youtube](#)

Know that accidents happen and that's ok

