

Is your child ready to start school?

Your school nursing team wants to ensure your child has a great start at school. If they have started reception class in September 2025, why not come along to one of our helpful school readiness sessions?

We'll be sharing tips and advice so your child can:

- Get dressed on their own - putting on and taking off their coat
- Eat without help using a knife, fork and spoon
- Go to the toilet without help
- Listen to their teacher - you'll find out how to help your child concentrate and engage in school, as well as the importance of sleep and bedtime routine
- Begin to write – we'll explore ways to help develop your child's writing skills
- Feel confident and happy – so they settle quicker when you leave them at school.

To book for one of our group sessions, please call **01274 221203.**



