

Tick off as  
you go.

# Starting School Checklist

## Is your child ready for school success?

### Toileting

- I can use the toilet alone, wipe myself clean and flush the toilet.
- I can wash and dry my hands on my own after using the toilet.

### Social Skills

- I enjoy interacting with other children and adults.
- I can share and take turns.
- I like new experiences, including everyday life such as shopping, cooking, and counting objects.
- I can follow instructions and follow rules.
- I can express my feelings using words such as sad, happy, worried, angry, frustrated
- I can make myself understood by my friends & all adults

### Self-Care

- I can wash my hands with soap and water for 20 seconds, especially before and after meals.
- I brush my teeth twice a day.
- I can wipe my nose.
- I am learning to cough and sneeze into a tissue or into my elbow.
- I can ask for help when I don't feel well.

### Mealtimes

- I like eating a variety of healthy food.
- I can use a knife and fork.
- I can open packaging and wrappers by myself.
- I drink 6-8 cups of water a day.

### Independence

- I have talked with my parent/carer about what school will be like.
- I know I can talk to someone if I have any worries at school.
- I can hold a pencil.
- I know my own name both spoken and written down.

### Health

- Any health issues have been addressed by my GP.
- I am up to date with my immunisations/preschool boosters.
- I am registered with a dentist.
- I am physically active
- I have no hearing or eyesight concerns.

### Routines

- I have a good bedtime routine which includes a bedtime story.
- I have set mealtimes, just like they do in school.
- I have limited screen time.

### Getting dressed and undressed.

- I can put on and take off my uniform by myself, including doing buttons and zips.
- I can put my shoes on
- I can put on my own coat.
- I understand some parts of my body are private.



Health Visiting: 07312263283  
School Nursing: 07312263194

**If you have any concerns about your child being ready to start school, please get in touch with the Health Visiting or School Nursing Team via our ChatHealth service or your child's early years setting**

If your child has any additional needs speak to your early years setting for further advice

