

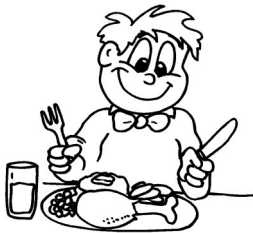


Help your children to be independent and confident learners



Being confident to go to the toilet independently is a must. Developing independence in going to the toilet comes from the child practising this at home. **If they are not able to do this by themselves at home they will be anxious at school when going to the toilet.**

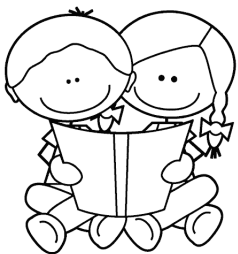
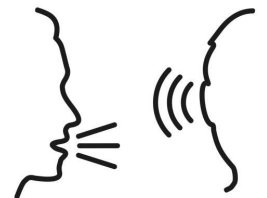
Getting dressed and undressed independently is an important life skill and builds confidence. This leads to children being less anxious and more confident to do other things independently.



Being able to eat independently and use a knife and fork is an important skill. Learning how to correctly hold a knife and fork comes with practise so please encourage your child to use a knife and fork as much as possible. **If they are not able to do this by themselves at home they will be anxious at school at lunch time.**

Create opportunities to listen and talk with your child. Listening to your child's worries will reduce their anxiety.

If children listen and talk with confidence they will also find reading and writing much easier. THINK IT, SAY IT, WRITE IT is our focus at school.



Reading with your child for 10 minutes every day has been shown to improve their reading and is extremely important. Please take opportunities to read to your child. Use Oxford Owl - this is a brilliant resource.

Website: <https://www.oxfordowl.co.uk/login?active-tab=students>

Create opportunities for your child to write. For example talk about, and ask them to write, a shopping list or what they did that day. Regular writing improves pencil control, vocabulary and spelling.

