



Starting Well
in Worcestershire

IS YOUR CHILD READY FOR SCHOOL?



Worcestershire
Health and Care
NHS Trust

All children learn at different rates, this is just a guide



I can open my packed lunch and use a knife, fork and spoon



Eating

I enjoy stories, nursery rhymes and conversations

I can talk in sentences and people can understand me



Practice going to the toilet
Zips and Buttons

I can dress and undress myself

Speech and Language



I wear pants to school and I know when I need the toilet

Self Care

Switch electrical devices off 1 hour before bed



4-6 year old children need 10.5-11.5 hours of sleep a night

I wear pants to school and I know when I need the toilet

Sleep

Good bedtime routine



If you would like to discuss any aspect of school readiness, please contact the Telephone Advice Service on 0300 123 9551. A Health Visitor will be able to discuss your concerns. If your child is already at school please contact your School Health Nurse