

Is your child starting school this September?

We've got 5 top tips to make sure they (and you) are ready...

1. Get your child used to dressing and undressing themselves
2. Teach your child how to go to the toilet on their own, including sorting out their clothing, wiping and handwashing afterwards
3. Encourage your child to use a knife and fork at mealtimes
4. Encourage your child to sit and listen to a story and talk about the book for a few minutes at a time
5. Help your child learn to take turns and follow simple instructions

Visit www.york.gov.uk/StartingSchool for more advice or call the Healthy Child Service on **01904 555475** if you have any concerns.