

Regular routines help build independence

- * Make sure your child has a regular bedtime and routine
- * Leave enough time to get everything ready and include your child in this
- * Encourage your child to dress and undress all on their own
- * Involve your child in planning, preparing and independently eating meals
- * Eat meals together as a family

Let's take a snack on our walk. Do you want to help me make it?

Now you've had your bath, let's read a bedtime story together!

Can you put your socks and shoes on? Tell me if you need help with the laces.

What do we need to take when we go shopping? Can you help me find what we need and put it in a bag?

This will help your child to:

- * Get enough sleep so they're ready to learn. At this age your child needs 11–11 ½ hours sleep
- * Organise their own things and know what is going to happen when
- * Manage on their own at lunch and PE times once they are at school

