

Where possible independence should be encouraged within the primary school setting and at home to ensure pupils are leaving primary school with appropriate independence and organisational skills.

Developing independence

Avoid doing too much for your child. Try asking them to do some of the following:

- Selecting their own clothes and get dressed independently.
- Making their own bed.
- Finding what they need for a home school lesson e.g. pencil, workbook etc.
- Deciding the order that they will do their tasks in.
- Pouring their own drinks and making snacks.
- Use task boards to structure what they need to do.

Small jobs around the house

Try introducing small jobs around the house for your child to complete. This gives them responsibility for something and builds their self-esteem. Try some of the following:

- Sorting washing into colours.
- Hoovering.
- Helping younger siblings get dressed/organised.
- Laying the table for dinner.
- Hanging out washing.
- Learning how to cook some basic meals.
- Taking rubbish out.
- Washing up.

Emotional support

You can support your child transitioning to secondary by having conversations around:

- How to talk to new people.
- What friends do and do not do.
- How to stay calm when feeling angry.
- What to do when things go wrong.
- What to do if they need help.

Contact the secondary school

- Explore the secondary school website with your child and create some questions you and your child would like to ask.
- Read the SEND policy and SEND Information Report on the website.
- Contact the SENCO to arrange a chat over the phone or via email.

Basic life skills

Build your child's independence by teaching them life skills such as:

- How to add up money and knowing the value of all the coins.
- How to tell the time.
- How to pack a bag.
- Personal hygiene skills.
- Folding clothes when getting changed.
- Trying new school uniform on and knowing how to do a tie.
- Walk to the school and back as part of the daily exercise guidelines so the route is familiar.
- Road safety rules.
- Stranger danger rules.
- Setting an alarm and getting up when it goes off.