



# The AndreX® Getting Ready for School Countdown Calendar

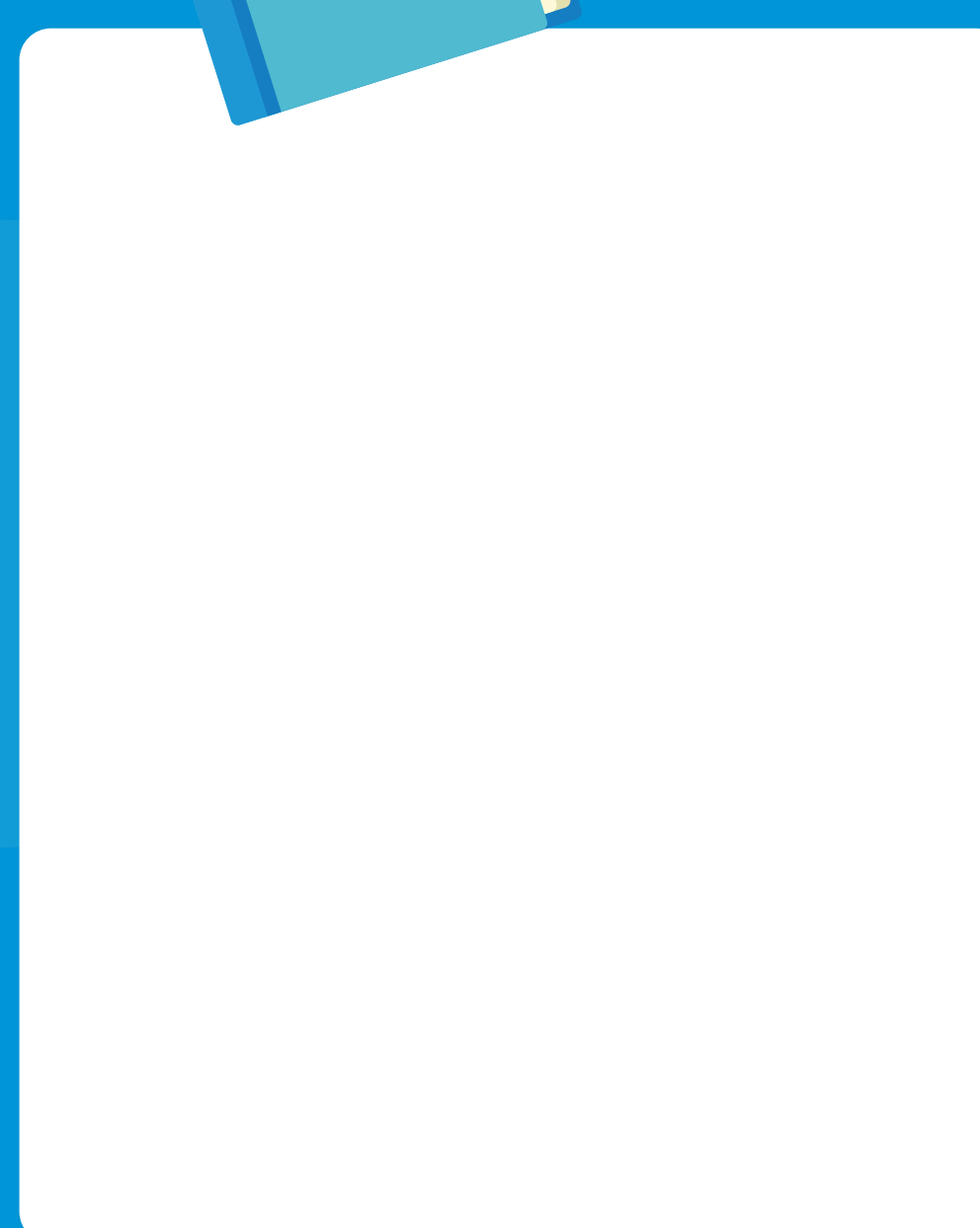
**8 weeks to go**  
**- First things first -**  
Buy the uniform early



## Buy the uniform early

Start looking for school uniform - there are lots of offers on at this time of year and a shopping trip with your child could be a really special treat. And don't forget to point out older children in school uniform when you see them, to make school exciting.

**7 weeks to go**  
**- Gather info -**  
Talk to teachers  
Class Facebook group

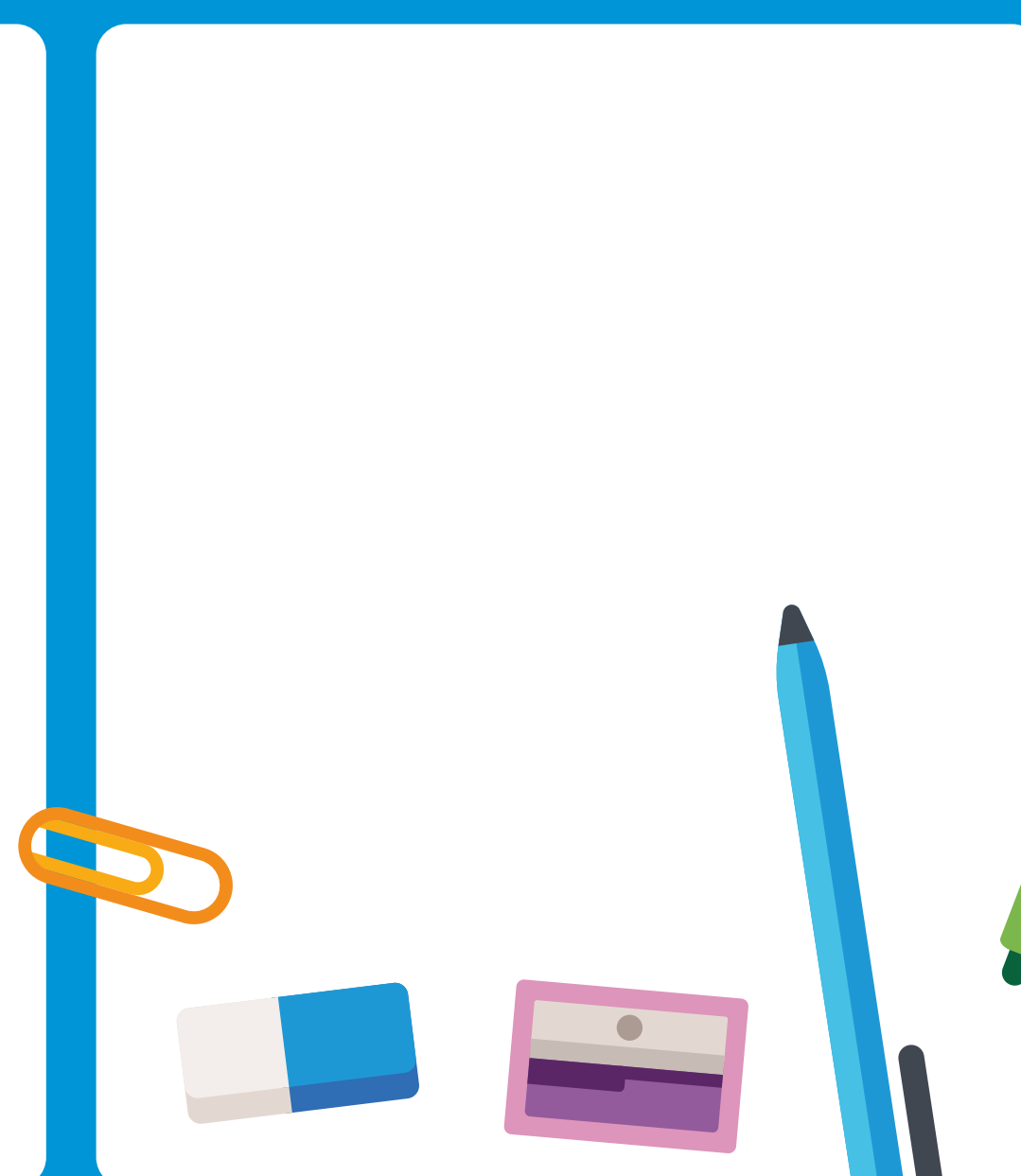


## Talk to teachers

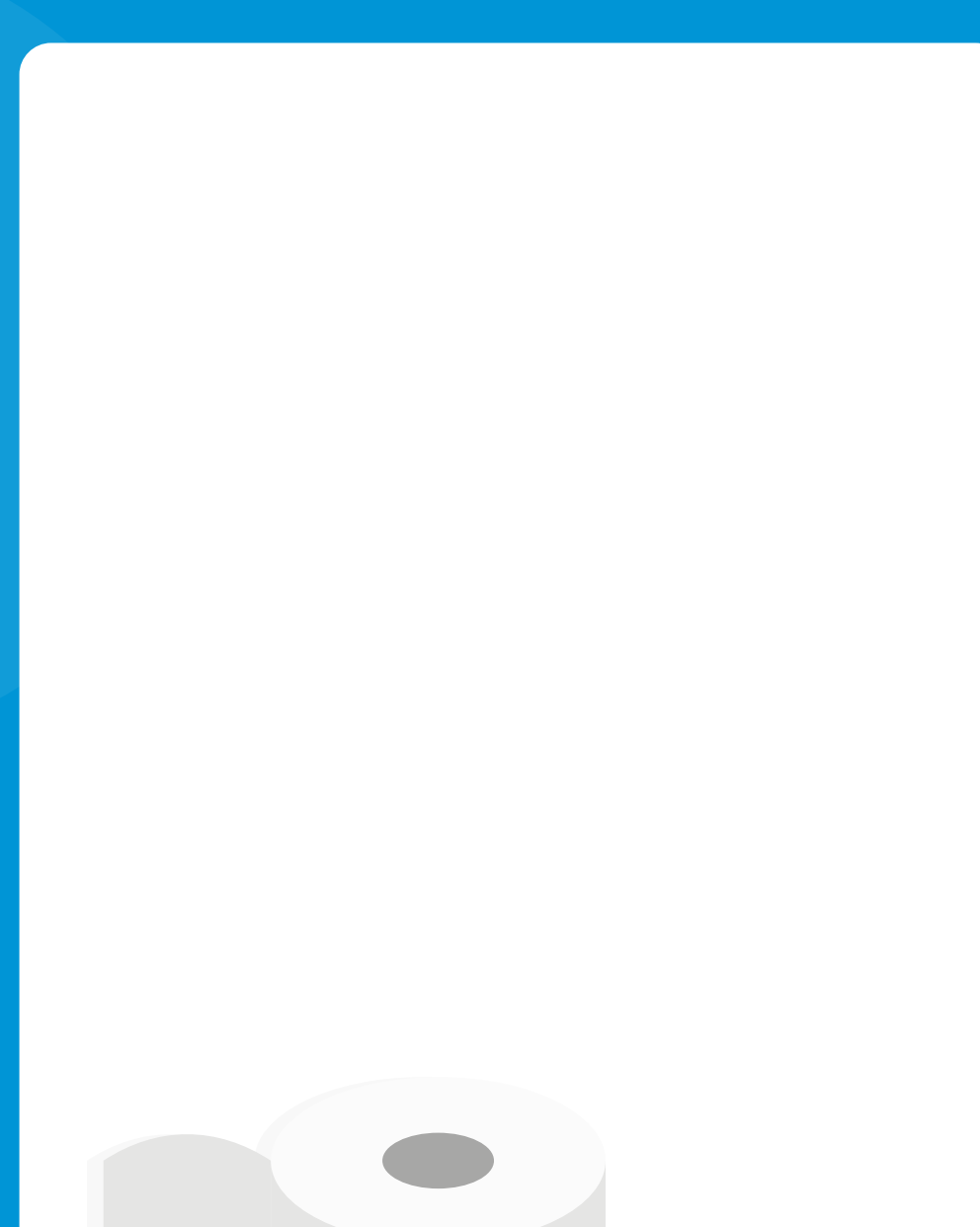
Lots of schools have a settling in day for children, which can be a great way to reassure both your children and you. Different schools have different processes for going to the toilet, so ask the teacher the details so you know what to prepare for. You could ask to see the toilets, so you know how what to practise with your child i.e. type of flusher, type of hand dryer, etc.

## Class Facebook Group

If you meet other parents at settling in sessions in June and July, see if it's possible to create a Facebook group with other parents from your child's class. You can then arrange playdates throughout the summer, benefit from advice from parents with older siblings and share knowledge with each other about school during the coming years.



**6 weeks to go**  
**- Morning Routine -**  
Practise putting on the uniform  
Practise school run  
Last wee!



## Practise putting on the uniform

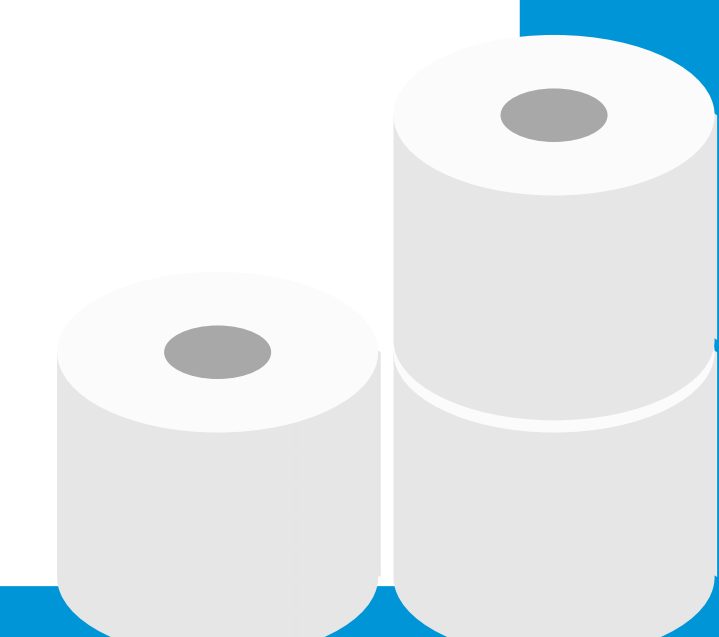
Help your child to practise trying on their uniform a few times before school so they feel more confident changing for PE or going to the toilet. Buttons on trousers for boys, and tights for girls, can be particularly tricky.

## Practise the school run

Do a practise run to see how long it will actually take you from waking up to the school gate. Lots of schools have breakfast and after-school clubs, but waiting lists fill up quickly so check them out early.

## Last Wee!

Get into the habit of asking children to go for a 'last wee' before you leave the house - this can really take stress out of the school run in September!



**5 weeks to go**  
**- Create a habit -**  
Create a routine  
Practise flushing  
Check for loo roll

## Create a routine

Try breaking the toilet routine into easy steps. We suggest the 5 step AndreX® Clean Routine. It is a great helping hand when it comes to teaching and practising cleanliness, equipping little ones well for independence.

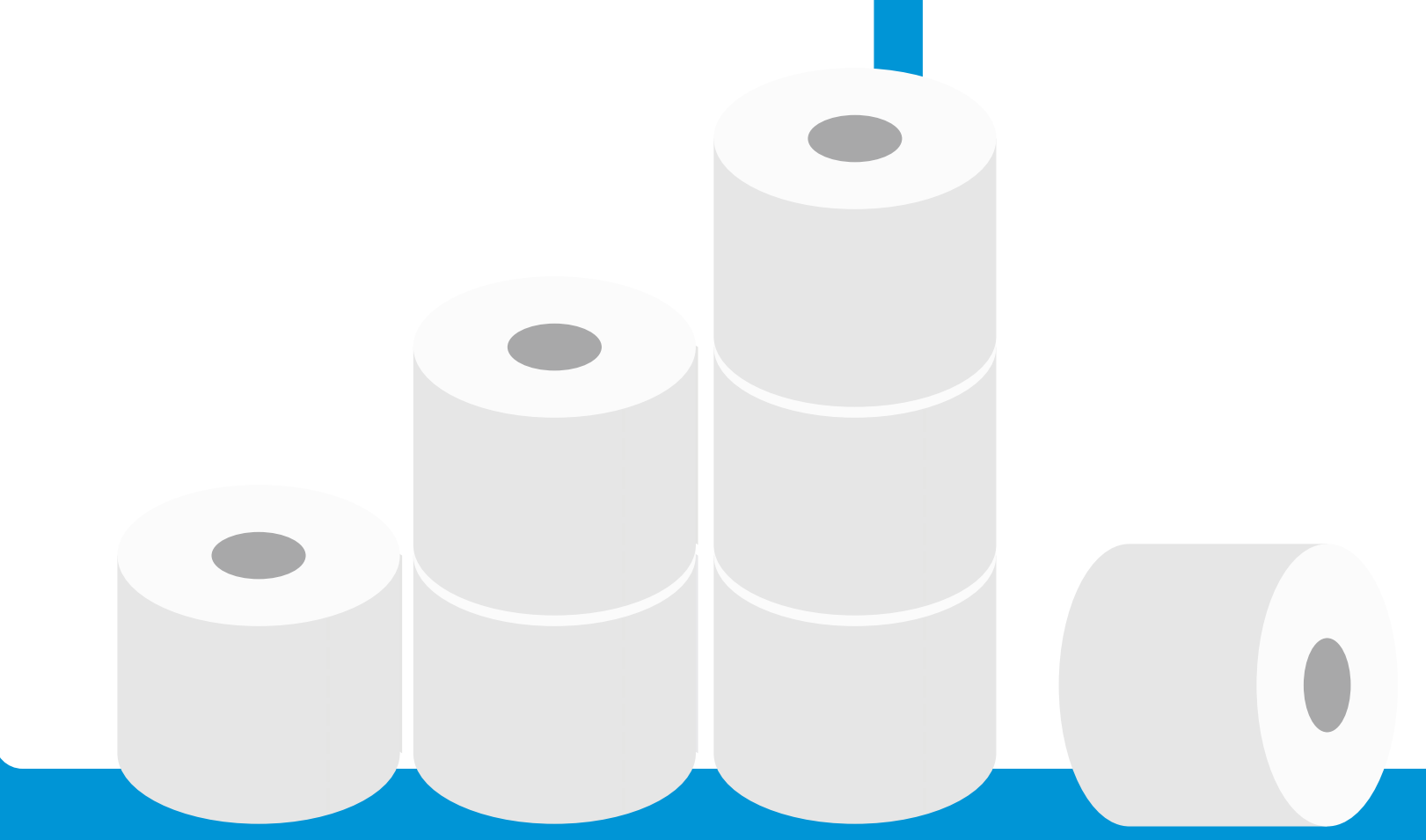
## Practise flushing

Help your child practise flushing the toilet themselves every time they go.



## Teach them to check for toilet roll

Practise with your child, checking that there is toilet roll before they go to the toilet.





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## 4 weeks to go

### - Germs -

Germs

Soaps

### Explain germs

If your child is reluctant to wash their hands, try explaining simply why it is important. Try telling them about germs from the toilet getting on to hands, and warn them that if the germs get in their tummy it can make them poorly.

### Fun soaps

Fun novelty soaps can help to make hand washing something your child remembers and looks forward to. Pop these in your bathroom to encourage hand washing.



## 3 weeks to go

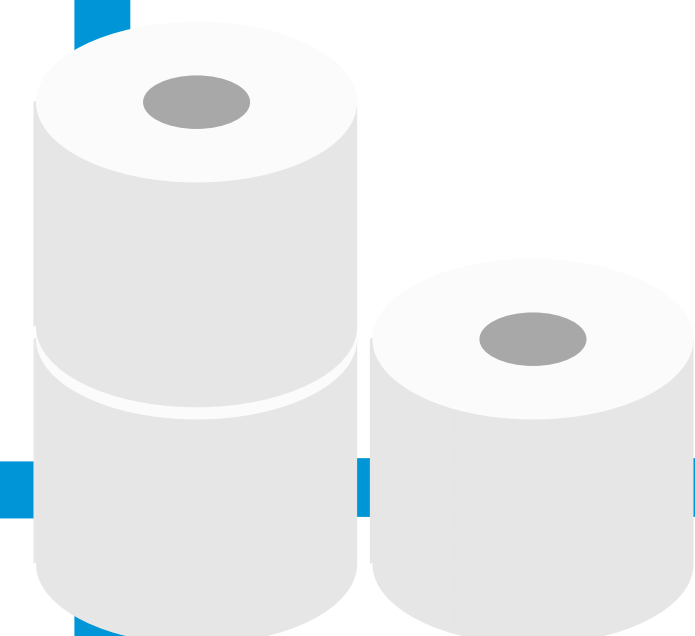
### - Explore -

Different toilets

Toilets at school

### Get used to different loos

Toilets at school can seem scarier than your familiar bathroom at home, so try practising in different toilets when you are out and about.



### Talk through the school loos

The toilets at school can be really different to your bathroom at home. After visiting the school toilets in the settling in sessions, try explaining to your child that there might be more than one toilet, and how the locks on doors work.



## 2 weeks to go

### - Independent - Thinking

Drink = wee

Explain the day

Independence

### Drink = wee

Encourage your child to think about how food and drink can make them need the toilet. This can help to associate breaktime and lunchtime as a good time to go to the toilet.



### Let them know the plan

Describe the school day structure so your child knows what to expect, and let them know that you will be there at the end of the day to pick them up. The experience may be daunting but if they know what the plan is, they will relax more.



### Build independence

Let them go to the toilet by themselves to build confidence before they start at school.

## 1 week to go

### - Last steps -

Countdown calendar

Pride in possessions

Role play

### Countdown to school advent calendar

Your child will need lots of new things for school, like uniform and a book bag. Try giving your child one item a day (this could be in the style of a present) in the run up to school as a visual advent calendar to help to make the end goal of going to school something to look forward to.



### Pride in possessions

Let your child know that their uniform belongs to them - encouraging them to take pride in their possessions can make them less likely to lose them!

### Role play

Help your child to practise asking when they need to go to the toilet so that they are ready to ask their teacher at school. Try role playing, and pretending to be the teacher.

