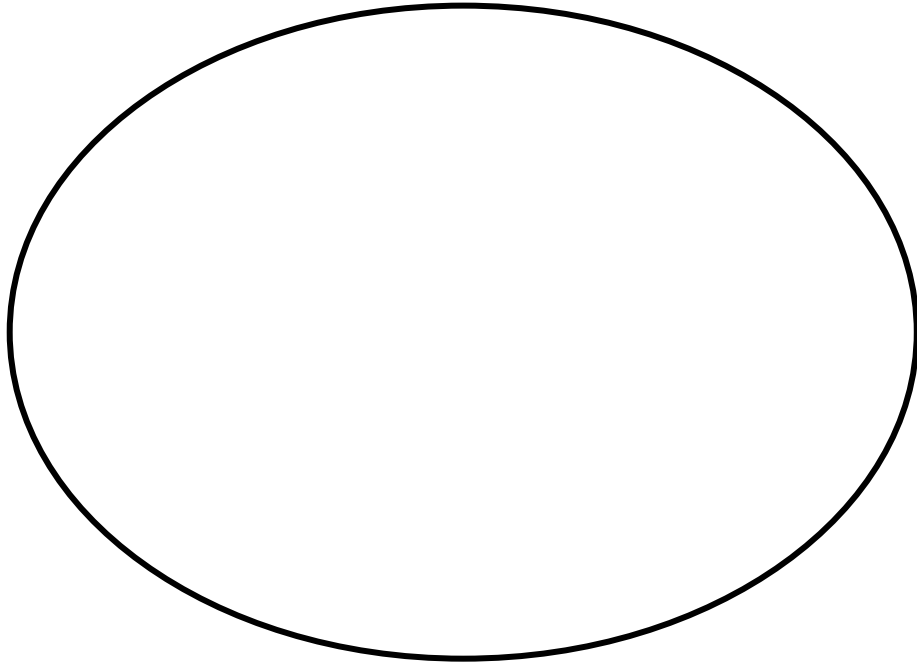


# St Mary's R C Primary School

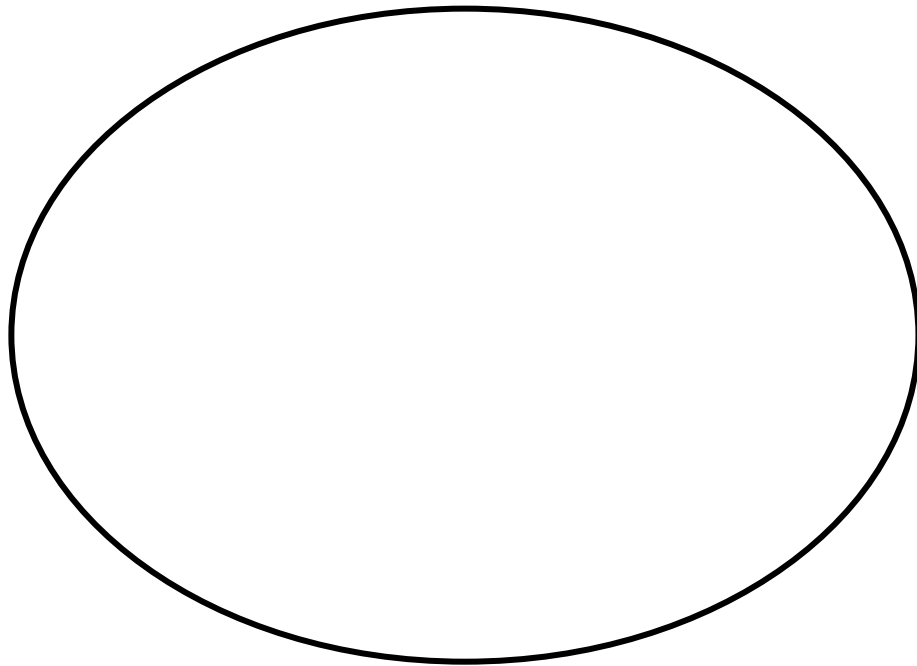


Primary 1  
I can .....



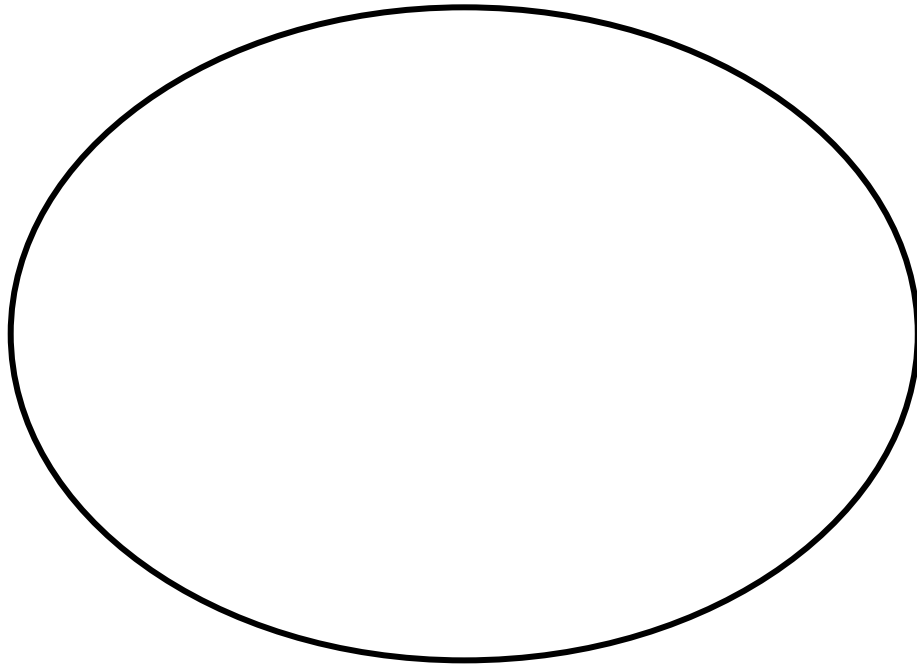
## **I can use my buttons and zips**

- Hand-eye co-ordination is needed to push a button through a hole or to fasten a jacket zipper.
- Show your child how to use buttons and zips.
- There will be plenty of failures when attempting a new skill, but your encouragement and patient demonstration will reduce frustration.
- A few minutes practice every day will help.



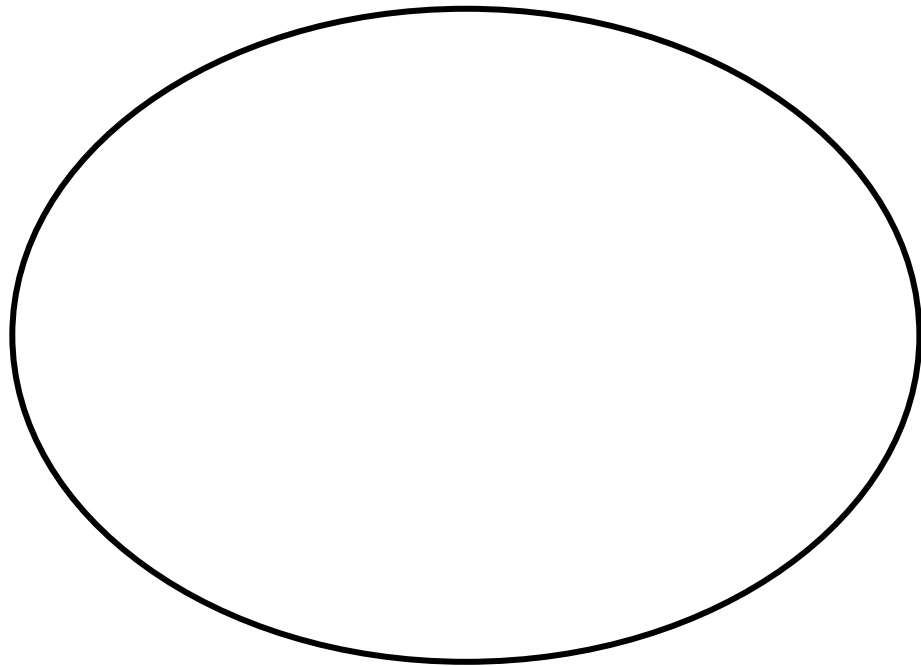
**I can put on my own coat and fasten it up**  
**I can take off my own coat and hang it up**

- Help your child to recognise his/her own jacket. Put a clear mark or name on the label inside to help identification.
- Show your child how to take off his/her own jacket properly and hang it up.
- Show your child how to put on his/her own jacket.
- Remember, your child's hands and fingers are very small. Jackets can be difficult to begin with. Take your time and, please, even though it is quicker to do it yourself, let your child gain this skill.
- After enough practice the skill will become automatic.



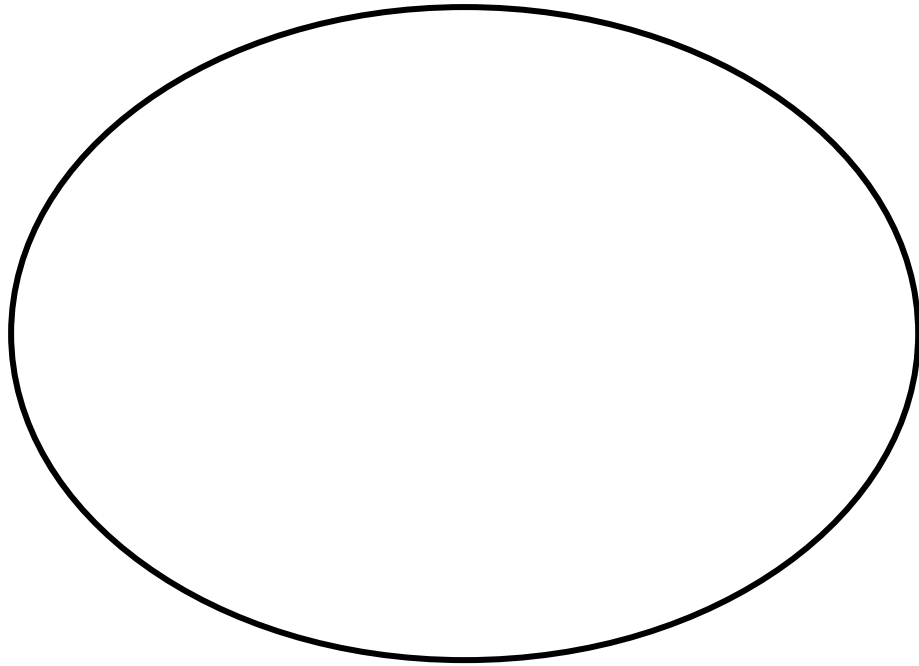
## **I can put on my own shoes**

- Show your child how to tell which shoe goes on which foot. A different coloured dot for each shoe might help to begin with.
- To begin with, buy shoes without laces. If your child can tie shoe laces then by all means have lace up shoes, but if he/she can't tie yet, then please buy shoes that your child can fasten by themselves.
- For P.E. please provide soft shoes which your child can put on and take off with the minimum of help.



## **I can use a knife and fork**

- Make sure your child has had the experience of eating in public.
- Show your child how to hold a knife in one hand and a fork in the other.
- Help your child to hold food with the fork and cut with the knife. It is quicker if you do it yourself, but your child will feel very grown up when he/she can manage along.
- Show your child how to lift food up to his/her mouth with a fork.
- Remember children need to collect drinks and cutlery, carry their tray to the table as other children move past and negotiate tables before they sit down.



## **I can go to the toilet by myself and flush it afterwards**

- Make sure your child has had experience of going to the toilet by himself/herself at home and going to a public toilet (i.e. into the cubicle).
- If your child is a boy, a public toilet will be the only opportunity he has to practice using a urinal before he comes to school.
- Teach your child how to tuck in clothes when finished at the toilet.
- Ensure your child knows how to work trousers with a fly. School trousers may be the first time he/she has had to use a fly and it can be confusing.
- Make sure your child knows how to wash his/her hands after going to the toilet. Ensure your child is able to ask an adult for assistance if necessary.

# My tick list:

I can use my buttons and zips

I can PUT ON my own coat and fasten it up

I can take TAKE OFF my own coat and hang it up

I can put on my shoes on the correct feet

I can use a knife and fork

I can go to the toilet myself and flush it afterwards

I can find my name on my bag and clothes

I can pack and unpack my bag

I can open my snack and water or juice carton