

Starting school skills

Observe your child's 'starting school' skills at home and in the community

'Starting school' skills are the skills needed to go to school, be comfortable and learn well. At home, it's important to note which of these things your child can do, and watch as they do them, so you can pass any necessary information on to your teacher and school.

- Opening and closing their school bag
- Packing lunchbox and other belongings into their bag
- Opening lunchbox and containers or packets of food
- Filling up their water bottle, including taking the lid on and off
- Doing up school shoes (Can they use laces? Do they need velcro shoes?)
- Taking their jumper on and off, or managing zips and buttons on jackets
- Managing pants/skirt/dress and underwear when going to the toilet
- Going to the toilet
- Washing their hands
- Blowing their nose or wiping their mouth
- Sitting cross-legged on the floor
- Sitting at a table to eat or do activities like crafts, drawing or painting
- Packing away activities, crafts, and drawing or painting materials

Take note of the type of help you give your child

When you're with your child every day, helping them can become automatic. You might not notice how much you are helping them with everyday tasks until you reflect on it. Ask yourself the following questions and write down your observations.

- What parts of the task can your child do by themselves?
- What parts do they need help with?
- Do you have to physically help with the task, give verbal reminders, use visual aids or schedules?
- How coordinated is your child when undertaking these skills? Do they need a lot of help, a little bit of help, or no help at all?

Also observe and take note of whether your child knows:

- when they are thirsty
- when they are hungry
- when they need to go to the toilet
- when they should wash their hands.

Student's name:


Date:

Self-care skills

skill	Can do independently	Needs some help	Needs it to be done for them
Food and drink			
Knows when hungry	YES	NO	SOMETIMES
Knows when thirsty	YES	NO	SOMETIMES
Filling up drink bottle			
Opening and closing lunchbox			
Sitting down to eat			
Opening packets			
Other (please list)			

 Notes:

Toileting			
Knows when they need to go to the toilet	YES	NO	SOMETIMES
Managing clothing			
Wiping bottom			
Uses a urinal (if applicable)			
Remembers to flush toilet			
Washes hands			
Other (please list)			


 Notes:

Personal organisation			
Keeping track of personal belongings (e.g. hat, lunchbox, drink bottle, library bag)			
Packing school bag			
Following multistep instructions			
Other (please list)			

 Notes:

Sensory processing

Sensory input	Cannot tolerate / finds it distressing	Slightly bothered / may need support or accommodations	Is not bothered by it
Loud or unexpected noises			
Busy environments			
Being touched unexpectedly			
Other people's food			
Toilet smells			
Bright lights			
Sitting still			
Maintaining attention			
 Other (please list)			

 Notes:



Resources for families: <https://studentwellbeinghub.edu.au/parents/topics/autism-families/starting-school/>