

TIPS FOR 3+ ASSESSMENT DAY



Making your child as relaxed as possible is key.

Visit the school as often as possible with your child prior to the assessment day.

They will pick up on your anxiety, so it's important that you keep calm too.

Use terms such as 'play date' rather than assessment.

Don't make the assessment the focal point of the day. Have a treat planned for after.

Basic Manners

Saying thank you, excuse me and please go a long way.

Holding their hand over their mouth when they cough. "Catch a cough!"

The confidence to shake hands and give eye contact.

Knowing what appropriate behaviour is and following those rules.

Communication

Your child will be expected to interact with children they do not know.

Lots of play dates will help them interact naturally with new friends.

They will need to be able to talk openly with an unfamiliar adult about themselves, their family and the things they know and interest them.

Prepare them for separation

The assessments are mainly held behind closed doors, so children need to be prepared for that.

Prepare them for the fact that some children may cry.

All schools understand the normality of such young children finding separation difficult. The assessment will begin once your child is settled and not before.

If possible, the person they separate most easily from should take them

e.g. mum instead of dad or vice versa.

Prolonging the separation is generally not helpful.

Taking opportunities for trial separations with unfamiliar adults is advisable e.g. at a creche or a piano lesson.

Routine

Stick to your normal routine on the day as much as possible. Depending on the timing, bring your child to nursery as normal and then pick them up later for the 'play date'. (Assessment)

Make sure they're not hungry too.

Being Alert

Do consider what activities are planned in the days before the assessment. Your child needs to be awake and alert, so arriving back from holiday on a long flight the day before is not a good idea.

Clothing

Make sure they are dressed comfortably.

Toileting

Encourage a toilet stop before the assessment starts.

Distraction

In case you are kept waiting at any point – have their favourite book or other suitable items with you as a distraction.

Arrival Time

Try not to arrive at the school too early. A long wait can build anxiety.

Parents

Prepare questions you wish to ask if you are given that opportunity. You have a role to play too!