

# STARTING SCHOOL

## Top tips for uniform + belongings


EARLY YEARS MUM  
BUILDING POSITIVE  
FUTURES

### LABELS




Label everything! We have stickers and iron on stickers on all uniform including underwear. The stickers stay accessible in the house for new items. I put a loop of ribbon tied through the labels in jumpers and cardigans for easier hanging up. I use [www.mynametags.com](http://www.mynametags.com)

### WHAT THEY NEED




Check the uniform list to see which items must be purchased with logos and which can be from high street stores. Lots of school have a PTA second hand uniform shop which is amazing. Talk to other parents to see if all items get used or if there are extras recommended. We have 3 sets of uniform as it gets filthy!

### ADAPTIVE RANGES




Marks and Spencer and George at Asda have created fantastic 'inclusive' ranges to meet the sensory or physical needs of school children. This includes 'easy on' shirts, and label-free items.

### WATER BOTTLES



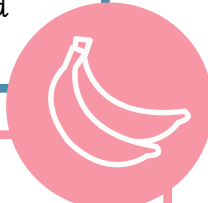
Most schools require your child to bring their own water bottle each day. These notoriously leak. We have discovered the 'lon8' and 'Honey Holly' bottles which are non-leak and we have had great success with. Both are available on amazon and worth spending on.

### SHOES



Try shoes on with your child to find ones which they can run, jump and be comfortable in without them being too stiff. Some schools also require wellies and even slippers! Cut a name label sticker in half and put one half into each insole to help them put them back together to get them on the correct feet.

### LUNCHBOXES



If your child needs a lunchbox or snack, consider if they can be independent. Find things which are easy to open and close and that are easily recognisable too when among other lunchboxes. 'Health eating' is promoted so load up on fruit and sandwiches. Beware of squeeze yogurts and inevitable spillages.