



Recognising and writing their own name

Counting to ten



Helping to Get Your Child Reception Ready

Starting school is a huge change in a young child's life, and a big adjustment for parents too! Being well prepared will help to make it a positive and exciting experience for them – and for you.



Learning the initial sounds that make words

Going to the toilet independently



There are a few key areas to concentrate on which will help your child to settle in. Please look through this leaflet with your child and check out with them if there is anything they are unsure about. We have written this guide to offer some useful tips to make it all go smoothly.

If you still have any worries about your child starting school, please let us know. We are here to help.



Recognising and writing their own name

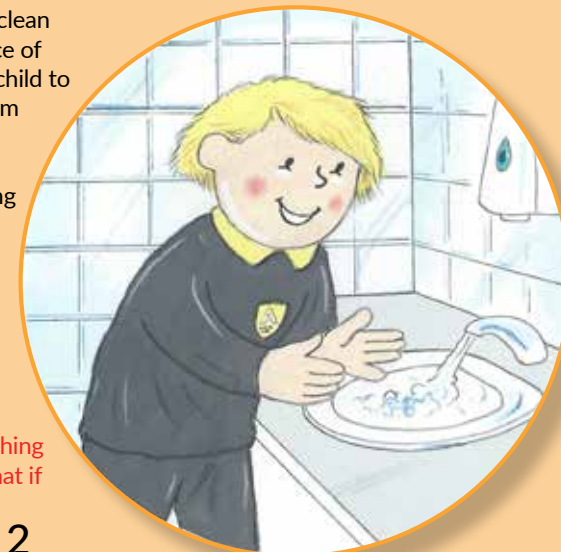
We will be teaching the alphabet and the sounds each letter makes, but it will help your child if they are able to recognise their own name. For example, when they see their name written on a coat peg, or on their belongings, they will then be able to find their own things. This will give them confidence and help them feel less anxious. Your child will also label pieces of work that they do in class, so it is helpful if they are able to write their own name. Help them practise this before they come to school by showing them what their name looks like, and by helping them write it.

Husna is writing her name. She loves putting her name on her work. And now she can find her own things when they have her name on.

Going to the toilet independently

Teach your child how to use the toilet and to clean themselves afterwards. Explain the importance of flushing to leave the toilet clean for the next child to use. Turn practising into a game by asking them 'what comes next?' So that they will start to remember to flush. Encourage them to wash their hands thoroughly with soap before drying them. An adult will always be available if they need help but this is an important step to independence for them. Our toilets are very easy for small children to use as they are designed with them in mind.

Jack has used the toilet all by himself and is now washing his hands with the liquid soap before he dries them. It was so easy as everything was just the right height for him. He knows that if he needs help, he can ask his teacher.



Taking shoes off and putting them on

Children take their shoes off and put them on throughout the school day. We find that most children struggle with laces at this age. We recommend that you think about shoes with easy fastenings such as Velcro as they are quick and easy for children to use. You can also help your child by getting them to practise taking their shoes off and on at home.

Jack has come in from playing outside and is putting his school shoes back on. He finds it really easy to slip on his school shoes because they have Velcro fastenings. This means he is always back in class on time for the next lesson to start.

Getting dressed and undressed independently

Wherever possible buy clothes that are easy to put on. Little fingers can struggle with fiddly buttons when they need to go to the toilet or change for PE etc. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. So think about clothes with easy fastenings or big buttons. Skirts with elasticated waists are also great for easy changing. Encourage your child with practice sessions before they start school.

Husna is so excited about starting school that she is often trying on her school uniform in the holidays. She has practised so much that she can now get ready all by herself!



Counting to ten



We will teach your child about counting and numbers, but it can give them a good start if they are already familiar with the basics. A fun game that helps children recognise basic numbers and counting can be to combine them. Cut out some paper shapes like squares or triangles and put different numbers on them. Next encourage your child to recognise and say the number. Then try basic counting, and help them to count to ten out loud.

Alaysia is learning to recognise the numbers on the square shapes in front of her. Then she practises counting from one to ten.

Just a few minutes a day for a week or two before she starts school means that Alaysia feels confident with recognising numbers and counting to ten.

Learning the initial sounds that make words

We will be teaching phonics so that children understand the sounds that make words, but it will help your child if they are familiar with listening for the initial sounds of simple words.

Practise simple words at home with them. For example, 'c' for cat and 'd' for dog. Choose words around the home that they know and encourage them to practise out loud.



Inspiring all learners to follow their dreams,
creating a better future for our global community.

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