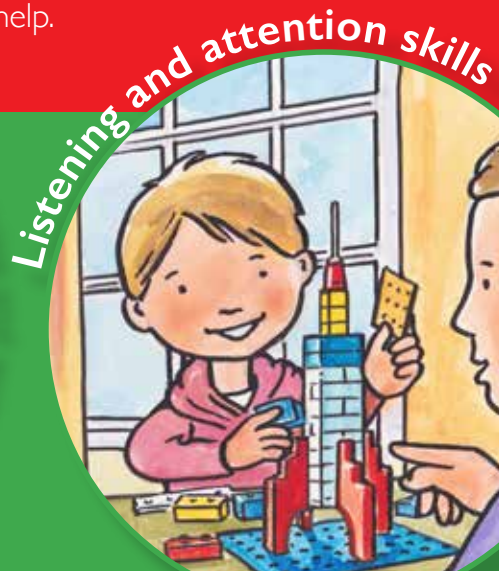




**BEECHWOOD**  
Primary School

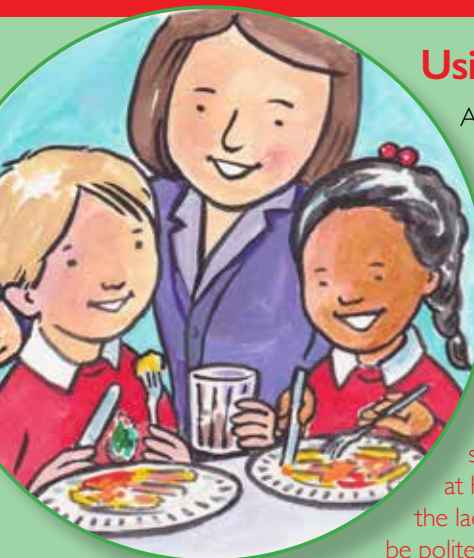
# Helping to Get Your Child Reception Ready

Starting school is an exciting time for young children and their parents. It can be an anxious time too as there are a lot of changes ahead. Parents often ask us how they can help their child get ready for school. We have written this guide to help.



We want you and your child to feel happy and confident when you join our school. There are a few key skills to concentrate on which will help your child to settle in. Read through this leaflet with your child and practise anything they feel unsure about.

If you have any worries about anything in this leaflet or any other concerns about your child starting school, please let us know. We are here to help.



## Using cutlery

At mealtimes children will be using cutlery to eat their food. We also encourage good table manners. Adults will always be available to help the children if they need it, but it will help your child to feel more confident at mealtimes if they can use a knife and fork independently. Help your child practise using cutlery correctly at home and encourage good manners, especially emphasising to them when to use 'please' and 'thank you'.

Jack and Meena are using their cutlery as they eat their school lunch. They are so glad they practised using cutlery at home before they started school. Jack says 'thank you' to the lady giving him a water beaker. He knows it is important to be polite.

## Getting dressed and undressed independently

Your child will be changing their clothes during the school day to go outside to play or to do activities, such as P.E. 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 and shoes with Velcro fastenings are also great for easy changing. Encourage your child with practice sessions before they start school.

Ben is putting his coat on to go outside. His coat is really easy to put on and he feels very grown-up getting ready all by himself.



## Going to the toilet independently

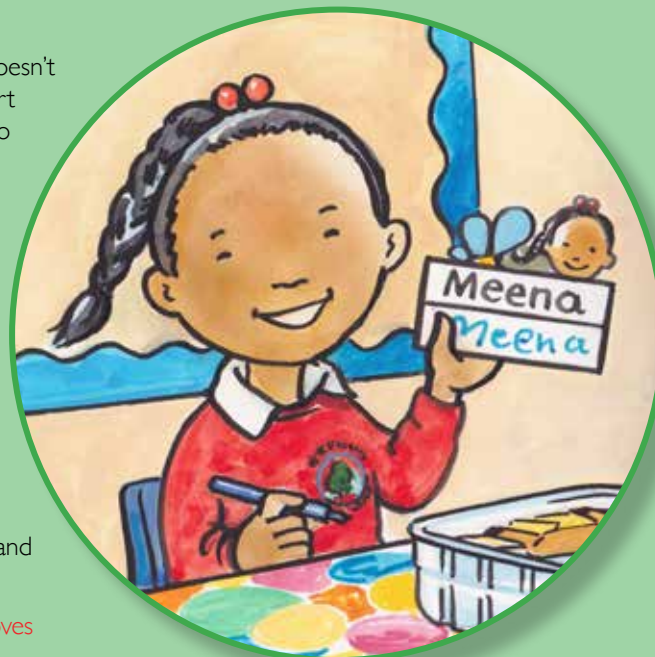
Children in reception usually go to the toilets independently, although an adult is always available if they need help. Our children need to be able to clean themselves and flush the toilet when they have finished. They also need to wash and dry their own hands. If your child does not usually go to the toilet by themselves, help them practise before they start school. 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. Everything is so easy for him as he practised at home with his grown-up before he started school. He knows that if he needs help, he can ask his teacher.

## Recognising and writing their own name

Please don't worry if your child doesn't know the alphabet when they start school. We will teach them how to recognise numbers and letters. However, it will help your child if they are able to recognise their own name. For example, when they see it written on a coat peg, or on items of clothing and belongings. They 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.

Meena is writing her name. She loves putting her name on her work.







## Establishing routines at home for mornings and bedtimes

We know that getting children ready for school in the morning can be a very busy and stressful time for families. We recommend establishing regular routines in the weeks before your child starts school as this will help everyone. Setting regular times for going to bed with teeth cleaning and story time ensures your child settles down for a good night's sleep. A well-rested child will be ready to get up on time in the morning. Establish a getting-up time that allows everyone in the family time to use the bathroom, get dressed, have breakfast and clean their teeth, so you can still get your child to school on time.

Ben's dad is reading a bedtime story to him, to help him settle down to sleep. They know if Ben gets a good night's sleep, he will be fully rested and ready for school in the morning.

## Listening and attention skills

It is important that children become used to sitting still and concentrating. Practise this with your child at home. Make the sessions fun as you encourage them to sit still and listen while you talk about something that interests them. Ask them easy questions to keep their attention and get them used to focussing on what you are talking about. Or encourage them in an activity they enjoy that helps them to learn to concentrate.

Jack is building a Lego rocket with his grown-up. He is having fun as he concentrates on choosing the correct pieces of Lego to build his rocket.



*Striving to be the best we can be!*

Beechwood Primary School  
Meredith Street  
Crewe  
Cheshire  
CW1 2PH

Tel: 01270 214490  
email: [admin@beechwood.cheshire.sch.uk](mailto:admin@beechwood.cheshire.sch.uk)  
Website: [www.beechwoodprimary.org](http://www.beechwoodprimary.org)



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