

Recognising and writing their own name



Going to the toilet independently



# Helping to Get Your Child Reception Ready

Parents often ask us how they can help their child get ready for school. We have written this guide to help.

Getting dressed and undressed independently

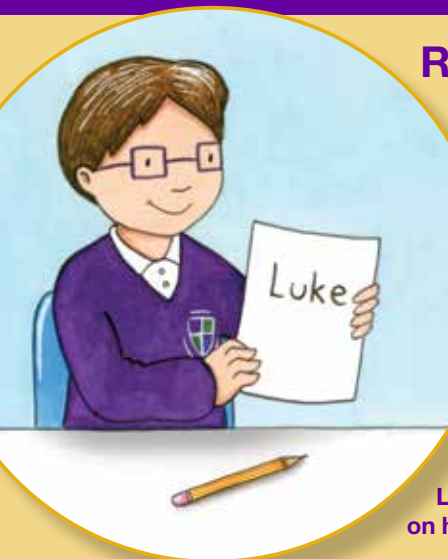


Using tissues to wipe and blow their nose



We want you and your child to feel happy and confident when they 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 are 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.



## 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 items of clothing and other belongings. They will also label their work 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.

**Luke is writing his name. He loves putting his name on his work.**

## Going to the toilet independently

Children in reception 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 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.

**Poppy has used the toilet all by herself. It was so easy as everything was just the right height for her. She knows that if she needs help, she can ask her teacher.**



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## 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. You can also have practice sessions before they start school. We know that lots of children really enjoy trying on their uniforms before they start school.



**Anjay is getting ready to play outside. His coat is really easy to put on and he feels very grown-up getting ready all by himself.**

## 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.

**Anjay is changing his shoes for P.E. He finds it really easy to slip on his gym shoes, which means he is always ready on time for the P.E. lesson to start.**



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## 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 has a good night's sleep and 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.

**Poppy's mum is so proud of her. Poppy wakes up with plenty of time to have breakfast and clean her teeth before they leave for school in the mornings. Now they have a good routine, Poppy is never late for school and never has to miss breakfast because they are running late.**



## Using tissues to wipe and blow their nose

Children often have colds in their early school years. Please show them how to wipe and blow their nose.

**Luke is very good at blowing his nose, so that he can breathe better.**

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