



Recognising and writing their own name



Getting dressed and undressed independently

Helping to get your child Reception Ready

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



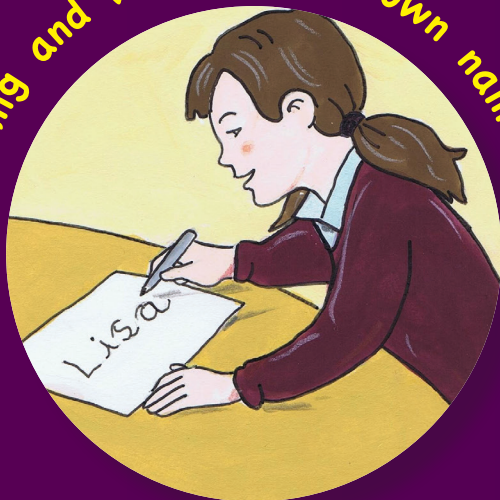
Taking shoes off and putting them on



Going to the toilet independently

If your child feels happy with just these few key skills, it will help them settle into school much quicker and more confidently. Read through this leaflet with your child and if there is anything that they need help with, have some practice sessions. If you have any concerns about anything in this leaflet or any other worries about your child starting school, please let us know. We are here to help.

Recognising and writing their own name



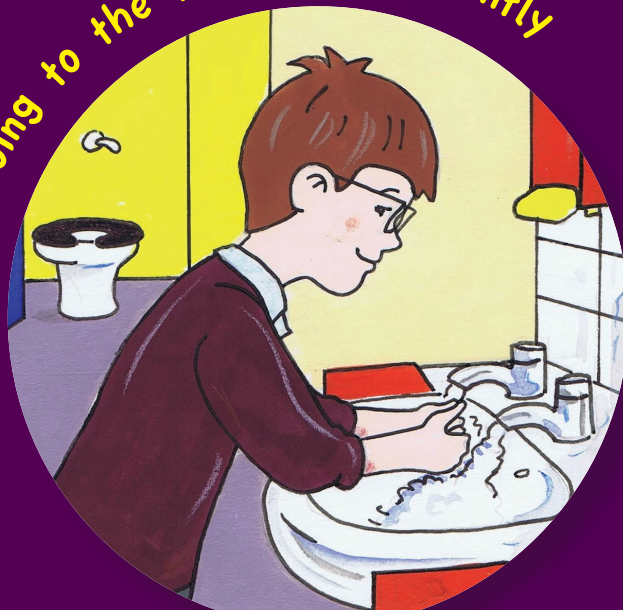
Don't worry if your child doesn't know the alphabet when they start school. We will teach them how to recognise numbers and letters. However, it will help if your child is able to recognise their own name, for example when they see it written on a coat peg or on items of clothing and other belongings.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

Lisa is enjoying writing her name. She is remembering the entries and exits for her letters like her teacher has shown her.

Children in reception are encouraged to use the toilets independently. Our children need to clean themselves, flush when they have finished and 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.

Jamie has used the toilet all by himself. It was so easy as everything was just the right height for him.

Going to the toilet independently



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 PE. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. Clothes with easy fastenings or big buttons are a good idea. You can also have practice sessions before they start school. We know that most children really enjoy trying on their uniforms before they start school.

Robin is getting ready to play outside. He finds his coat on the peg with his name on. His coat is really easy to put on and he feels very grown-up getting ready all by himself.

Children take their shoes off and put them on throughout the school day. We find that most children struggle with laces at this age, so we recommend shoes with simple 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 this at home.

Robin has come in from playing outside and has taken off his red wellies. He finds it really easy to slip on his school shoes.

Taking shoes off and putting them on



Using cutlery



At meal times 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 meal times if they can use a knife and fork independently. Help your child practise using cutlery correctly at home, and encourage good manners.

Lisa and Jamie are eating their lunch and using their cutlery. They are also being polite and using nice table manners.

Using tissues to wipe and blow their noses



Children often have colds in their early school years. It helps to prevent spread of colds and make the children feel more comfortable if they have clear noses. Please show them how to wipe and blow their noses.

Robin and Lisa are very good at blowing their noses so that they can breathe better.



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