



Helping to Get Your Child Reception Ready

We are often asked how to help children get ready for school, so we have written this guide.



Starting school is a very exciting time for young children and their parents or carers. We also know it can be a worrying time too, with lots of questions about getting ready to start school.

To help you and your child get ready, we have written this guide and included a few key things to practise before they start school.

Putting on their coat independently



Your child will need to put on and take off their coat during the school day. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. We recommend coats with easy fastenings or big buttons. Encourage your child with practice sessions before they start school and show them how to do up the zip on their coat.

Tariq is getting ready to play outside. He finds his coat on his own special coat hook. His coat is really easy to put on and he feels very grown up getting ready all by himself.

Being able to go to the toilet independently

Children in reception usually go to the toilet independently, although an adult is always available if they need help. They will need to be able to wipe themselves, flush the toilet 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.

Thomas has been to the toilet by himself. He remembered to flush and is washing his hands really well. Everything is easy for him as he practised going to the toilet at home, so he knows what to do at school.

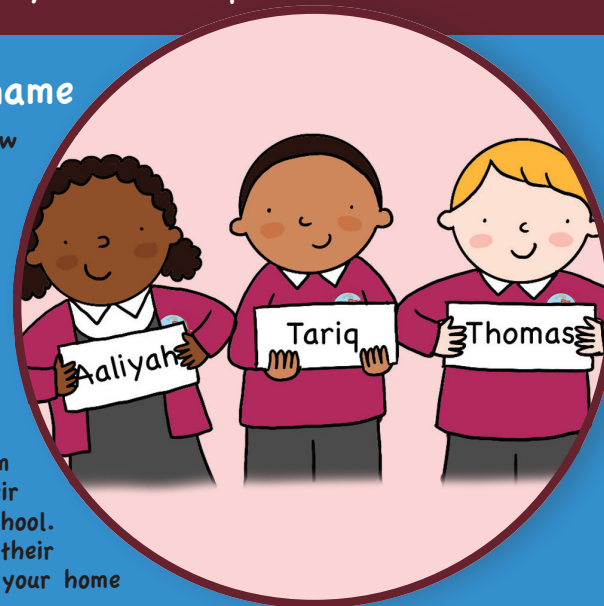


This will help them settle into school happily and confidently. Read this leaflet through with your child and practise anything that they need help with.

If you have any questions or need extra advice or support, please let us know. We are always here to help.

Recognising their own name

Don't worry if your child doesn't know the alphabet when they start school. We will teach them how to read and write numbers and letters, but it will help if they can recognise their own name. They will see it written on their coat peg, items of clothing and other belongings, so recognising their own name will help them to identify their own things. They may also write their name on any work they do. You can help them by practising writing and reading their name with them before they start school. Start by getting them to trace over their name, and place name labels around your home so they can find and recognise them.



Aaliyah, Tariq and Thomas have all found their name cards. They are very excited and can now find their things when they need them.

Being able to use cutlery

Children who are having school lunches will use cutlery to eat their food. There will always be adult helpers looking after the children, but they will be expected to use their cutlery and feed themselves.

If your child isn't comfortable using cutlery, encourage them to be more independent when eating before they come to school. Make sure they have a knife and fork that is the right size for them so they are easy to use. We like everyone to use good table manners such as eating with our mouths closed and saying "please" and "thank you".

Thomas is so happy that he practised using a knife and fork at home so he can eat his school meal without any help.

Being able to practise basic self-care

When your child comes to school, they will be expected to do things such as use a tissue and wipe their own nose independently.

Show your child how to use a tissue and wipe and blow their nose. Encourage them to throw used tissues in the bin and then wash their hands.

Thomas knows how important it is to blow his nose and put the tissue in the bin afterwards, as this will help to stop germs from spreading.



Being used to sharing with other children

Learning to share and take turns is really important so that children can be happy playing and learning together. Talk to your child about this and encourage them to share their toys and take turns when playing. Play some games with your child that involve sharing and turn-taking. Take every opportunity available to socialise with other children so they get used to playing with new friends.

Aaliyah and Tariq are looking at a book together. They are talking about the book and enjoy looking at the pictures.



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