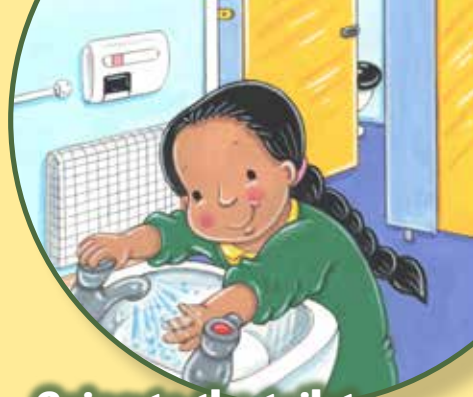




Recognising their own name



Going to the toilet independently

Helping to get your child Reception Ready



Starting school is an exciting time for young children and their parents. As it can be an anxious time too, parents often ask us for advice on how they can help their child get ready for school. We have written this guide to help.



Using cutlery



Fastening and unfastening coats, jackets and cardigans

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 do not feel confident about.

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



Recognising their own name

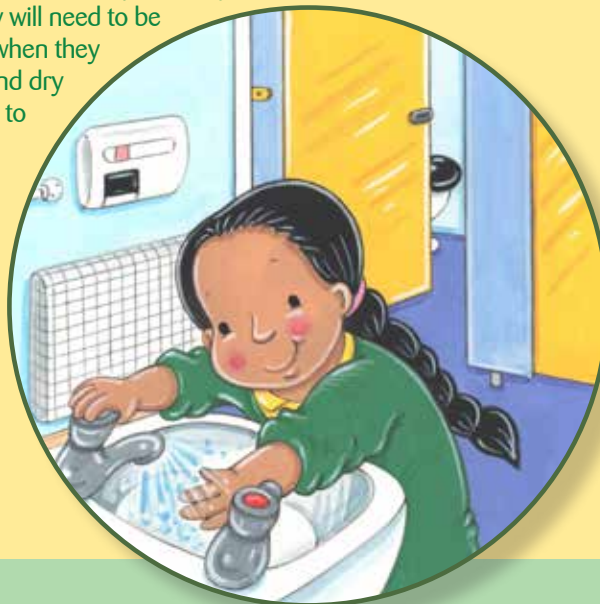
We will be teaching letters and basic reading, but it will help your child if they can already recognise their name when they start school. This will help them with finding their own coat peg, for example. Help your child to practise this before they come to school by showing them what their name looks like, and by helping them write it. You could also try writing their name on items at home, and asking them to see how many times they can find and read their name.

Adam is excited to recognise his name above his coat peg and straightaway hangs his coat up.

Going to the toilet independently

We encourage children to be more independent in Reception, so your child will go to the toilet by themselves. They will need to be able to wipe themselves and flush the toilet when they have finished. Then they will need to wash and dry their hands. If your child does not usually go to the toilet by themselves, help them practise before they start school. We will be there to help if needed, but this is an important step to independence for them so we recommend some practising at home before starting school.

Janna goes to the toilet all by herself and is now washing and drying her hands. She is so proud that she can remember everything she learned when she practised at home.



Fastening and unfastening coats, jackets and cardigans

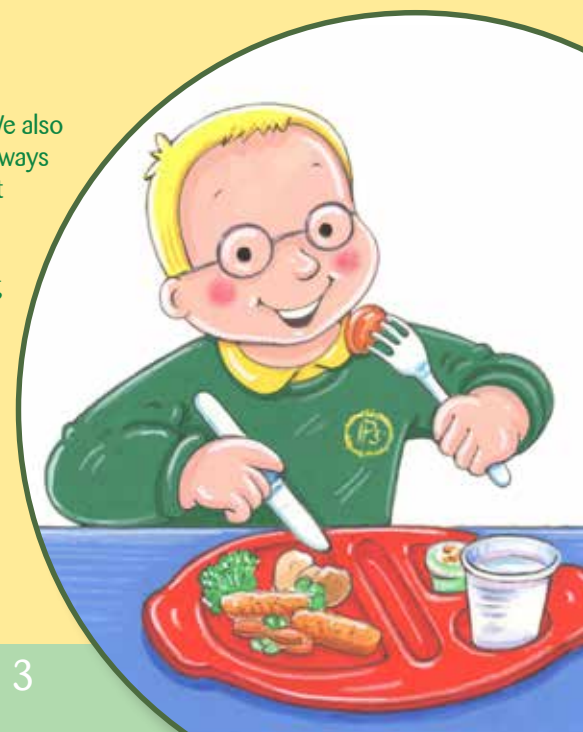
Your child will need to take coats, jackets and cardigans off and on during the school day. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. So think about clothes with easy fastenings or big buttons. You can also have practice sessions before they start school. Often children enjoy practising putting on and taking off their uniform, ready for when school begins.

Logan and Janna are getting ready to play outside. Logan quickly zips up his jacket. Janna's cardigan has lovely big buttons that are easy for her small fingers to fasten and unfasten. In no time at all, they are outside playing with their friends!

Using cutlery

At mealtimes children will be using cutlery. We also encourage good table manners. Adults will always be available if the children need any help, 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.

Adam is eating his lunch and using his knife and fork to cut up his food. He has been practising this at home and is really proud to show he can do this on his own now.



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. Teach them to use a hanky or tissue whenever they have a runny nose. This helps stop the spread of germs and will help them breathe easier.

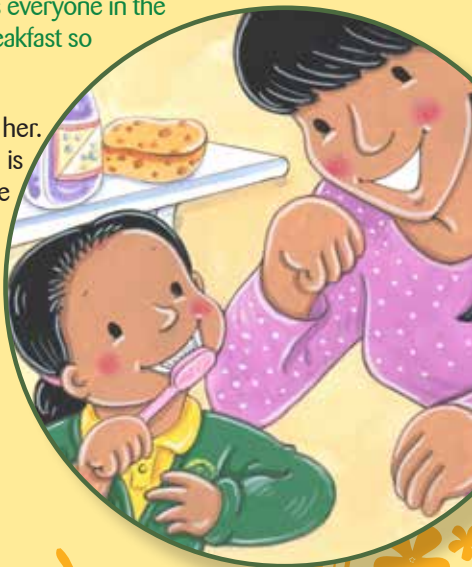
Logan is very good at blowing his nose, and he knows it helps him breathe better.



Establishing routines at home for mornings and bedtimes

We know that getting children ready for school in the morning can be a very hectic for families. We recommend establishing regular routines in the weeks before your child starts school as this will help. 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 more 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 and have breakfast so you can still get your child to school on time.

Janna's mum is so proud of her. Janna wakes up on time and is now cleaning her teeth before getting dressed for school. There is plenty of time to have breakfast before they leave for school in the mornings.



You can contact us using the details below.
We look forward to hearing from you soon.

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