

# Helping to get your child Reception Ready

## Using the toilet independently

At school, children will usually go to the toilet independently. If your child doesn't go to the toilet by themselves yet, help them practise before they start school, so they are confident going on their own.

Sophie has been to the toilet by herself and made sure she remembered to flush. Everything is easy for her as she practised going to the toilet at home, so she knows what to do at school.



## Getting dressed and undressed independently

Children will need to take their shoes and uniform off and put them on again, so make sure they have lots of practice and their clothes are easy for them to handle.

George and Arjan have been practising putting their clothes on without any help from a grown-up. They are putting their coats on ready to go and play, and Arjan has done his zip up all by himself. They feel very grown up getting ready all by themselves!

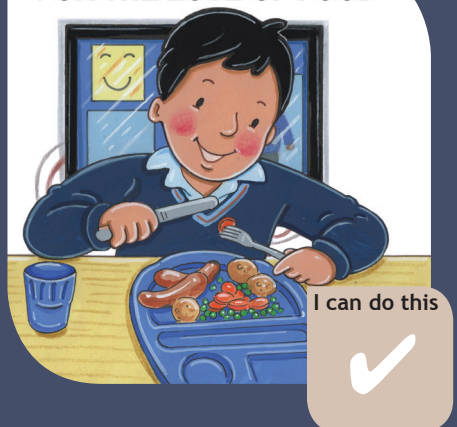
## Listening and attention skills

It is important that children become used to sitting still and concentrating when someone is talking to them. The more practice they have before they start school, the easier it will be for them.

Sophie is doing a great job of listening to her teacher tell her all the things that they need to do. She knows that if she listens really well, it will help her to learn.



### FOR THE LOVE OF FOOD



## Eating independently and using cutlery

Children will use cutlery to eat their food, and we also encourage good table manners, so make sure they have lots of practice eating independently.

George is glad he practised using cutlery at home before he started school. Now he can use a knife and fork to eat his school lunch.

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