

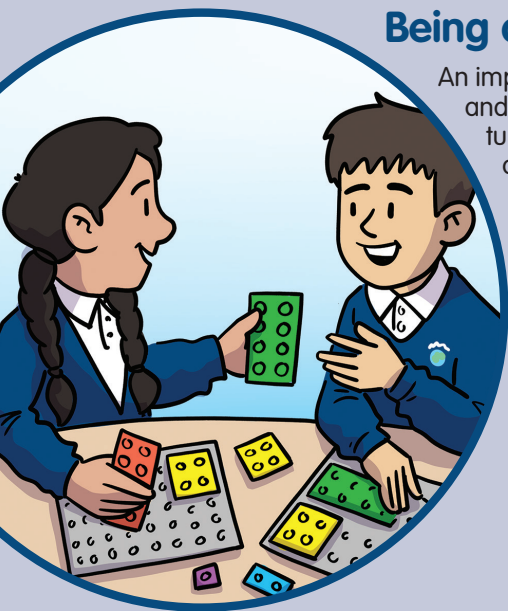
# Helping to Get Your Child Reception Ready

Starting school is a big change in a child's life, and a big adjustment for parents and carers too.

We have written this special guide to help ease any worries and make starting school a positive and exciting experience!



We know that, as a parent or carer, you would like your child to start school feeling confident and happy. So here are some key skills that you can work on with your child before they join reception, to help them develop independence and get them ready for school.



## Being able to take turns and share

An important part of young children making friends and getting along with others is being able to take turns and share. Children in reception will do lots of activities together and share games and toys.

You can help them learn about this by encouraging sharing and taking turns when they are playing with other children, or when you are playing a game with them.

*Sophia and Daniel are building with the Numicon. Sophia has a piece in the colour that Daniel needs.*

*"Here you go Daniel, here's the green piece you need."*

*Sophia and Daniel are having fun, working together and sharing the Numicon.*

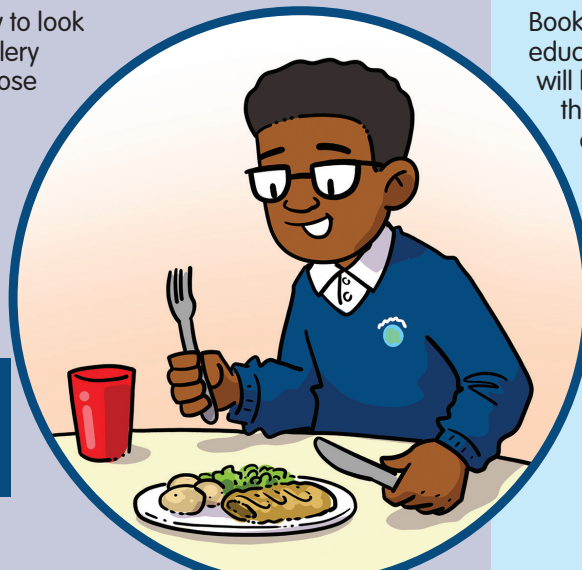
## Being able to look after their personal needs

In reception, it is important that your child knows how to look after some of their personal needs, such as using cutlery at lunchtime, washing their hands and wiping their nose when they have a cold.

Help your child to practise using cutlery correctly at home and encourage good manners, especially using "please" and "thank you".

Teach them how to use a tissue when they have a cold. Children also need to understand the importance of washing their hands with soap and warm water.

*Haris is so happy that he practised using a knife and fork at home. He feels very grown-up because he can cut up his own food and doesn't need any help from an adult.*



Read through this leaflet together and practise anything that your child needs help with. If you still have any worries, please let us know.

We are happy to help.

## Being able to take their coat and shoes off and put them on

Your child will need to take their coat and shoes off and put them back on without adult help at school. If they don't feel confident doing this by themselves, make sure they have lots of practice in the months before they start school.

You can also make things easier for them by giving them a coat that has easy fastenings, such as a zip or big buttons that are easy to use. Shoes with Velcro fastenings rather than laces are also a good idea.

*Daniel is putting his coat on to go out and play.*

*"I love my yellow coat," he says. "I have been practising at home and now I can even fasten the zip myself."*



## Enjoying and handling books

Books are a very important part of your child's education and development. At school, they will look at books with their teachers and by themselves. You can help at home by looking at books with your child, so they get used to listening to stories and know how to handle books carefully.

They will bring home books in their book bag. It is important to read with them each day and encourage them to talk about what they see in the pictures.

*Sophia loves looking at books because her mum and dad read a bedtime story to her every night. She especially loves books with colourful pictures.*



# Going to the toilet independently

Children in reception usually go to the toilet independently, so they will need to know the correct toilet routine. If they don't feel confident going by themselves, make sure they practise before they start school. It's helpful to let them practise when they are wearing their school uniform or something similar so everything feels familiar when they are at school. Remind them to wash their hands after using the toilet to prevent the spread of germs.

Don't worry if they have a toilet accident at school because we will always help them. Please provide us with spare clothes in case they are needed.

***Daniel needed to go to the toilet, so he put his hand up to let the teacher know he was going. He has been practising at home, so he knows how to flush the toilet and that he needs to wash his hands carefully with soap and warm water before going back into the classroom.***



## Following instructions

Your child's teacher will give instructions to the class. They may give them a series of instructions or just one thing to do, such as putting their coats on. It is important that your child can listen and follow instructions. This is a skill which they may need to develop.

You can help them before they start school by giving them a short list of toys to collect for you or a little job which includes a few steps.

***The children have been painting, so the teacher has asked them to tidy the paint brushes away.***

***Haris listens carefully to the teacher's instructions, so he is collecting all the paint brushes and putting them away.***



**Harehills Primary School**  
Darfield Road, Leeds, West Yorkshire, LS8 5DQ

**Tel:** 0113 235 0539

**Email:** [info@harehills.leeds.sch.uk](mailto:info@harehills.leeds.sch.uk)

**Website:** [www.harehills.leeds.sch.uk](http://www.harehills.leeds.sch.uk)