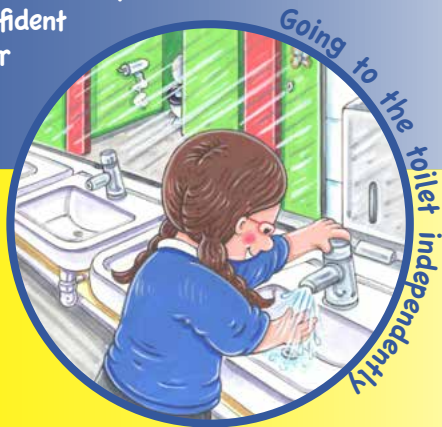




# Helping to get your child Reception Ready

Starting school is a big change in a young child's life, and quite an adjustment for parents too! Being well prepared will help to make it a positive and exciting experience for them, and for you.

We have written this guide to offer some useful tips to make it all go smoothly. Please look through this leaflet with your child and talk about anything they do not feel confident with. If you still have any worries about your child starting school, please let us know. We are here to help.



**Harris** Primary Academy  
Crystal Palace



## Writing their own name

Your child will need to 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.

Jayden is writing his name on the back of his big painting. His teacher is watching him to see if he needs any help. He writes his name perfectly and he is so pleased that he practised at home before he started school. He loves putting his name on his work.

## Recognising their own name

We will be teaching the alphabet and the sounds each letter makes, but it will help your child if they are able to recognise their own name. For example, when they see their name written on a name card, a coat peg or on their belongings they will then be able to find their own things.

Elena has found her name card and placed it on the Registration board. She is so proud that she can recognise her name when she sees it. And now she can find her own things when they have her name on.



## Going to the toilet independently

Teach your child how to use the toilet and to clean themselves afterwards. Explain the importance of flushing to leave the toilet clean for the next child to use. Turn practising into a game by asking them "what comes next?" so they will remember to flush every time. Encourage them to wash their hands thoroughly with soap before drying them. An adult will always be available if they need help but this is an important step to independence for them. Our toilets are very easy for small children to use as they are designed with them in mind.



Mia has used the toilet all by herself and is now washing her hands with the liquid soap before drying them carefully. It was so easy as everything was just the right height for her. She knows that if she needs help, she can ask her teacher.

## Getting dressed and undressed independently



Your child will be changing their clothes and shoes during the school day to go outside to play or to do activities such as PE. To help your child feel more confident about getting changed, 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. Skirts with elasticated waists and shoes with Velcro fastenings are also great for easy changing. Encourage your child with practice sessions before they start school.

Mia and Jayden are putting on their coats and outdoor shoes to go outside to play. Mia finds the big buttons on her jacket so easy for her small fingers to manage. Jayden loves the Velcro fastenings on his shoes. He can slip them on and off so easily and they are both soon out playing with their friends.



## Being able to sit and concentrate

It is important that children become used to sitting still and concentrating. Practise this with your child at home. Make the sessions fun as you encourage them to sit still and listen while you talk about something that interests them. Ask them easy questions to keep their attention and get them used to focussing on what you are talking about. We have a saying in school that helps the children concentrate:

*"Eyes looking, ears listening, our brain boxes are switched on."* The children make a clicking noise to show they are switching their brains on.

Mia is paying attention as her teacher helps her learn. Mia makes a clicking noise and points to her eyes and ears to show she is looking and listening, and concentrating with her brain.



## Being able to handle books properly and enjoy a story

We use reading and enjoying stories a lot to help the children learn about the world as well as helping them with their reading and writing. Help them get used to handling books and enjoying stories by sharing and reading books with them at home. Allow them to hold the book and turn the pages sometimes as you read them a story. This will make them

feel in charge of the story and will be an important step for them towards handling and reading books on their own.

Elena's dad reads her a story every night. She loves holding the book and turning the pages as her dad reads the exciting stories in her favourite books.



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