



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.



Here are some skills that will help your child settle into school happily and confidently. Read this with your child.

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



Eating independently and using cutlery

At lunchtime, children will use cutlery to eat their food. We encourage good table manners. Each class has its own lunchtime supervisor who will be available to help if your child needs it, but if they can use a knife and fork independently, it will help them feel more confident. Help your child by practising using cutlery correctly at home and encouraging them to always say "please" and "thank you".

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.

Recognising their own name

Your child will learn letters, letter sounds and basic reading skills when they start school, but it will help them if they can already recognise their name when they see it written on a coat peg or on their belongings. Help them with this before they come to school by showing them what their name looks like and by helping them to practise writing it.

Gabriella has found her peg in the classroom as she recognised her name. She is so pleased she practised recognising her name at home with her mummy.



Using the toilet independently

Children in reception usually go to the toilet independently, although an adult is always available if they need help. Children will wipe themselves and flush the toilet when they have finished. They will also wash and dry their own hands. The toilets have hand-dryers, so familiarise your child with using them before they start school. If your child does not usually go to the toilet by themselves, help them practise before they start school, so they are confident going on their own.



Shaan has been to the toilet by herself. She remembered to flush and is washing her hands really well. Everything is easy for her as she practised going to the toilet at home, so she knows what to do at school.

Wiping their nose with a tissue

Children can have frequent colds in their early school years. Show them how to wipe and blow their nose and throw the tissue in the bin afterwards. If all the children know how to do this, it will help to stop the spread of germs.



George 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. He is glad his mummy and daddy helped him practise at home before he started school.

Practising basic self-care – putting on a coat

Throughout the school day, your child will take off and put on coats, shoes, jumpers and aprons. To help your child feel more confident doing this and develop independence, encourage your child to get dressed and undressed by themselves. Think about buying school clothing and shoes with zips or big buttons and Velcro fastenings.

Gabriella is going outside to do some learning with the other classes. She is putting on her coat and zipping it up so she can stay warm.

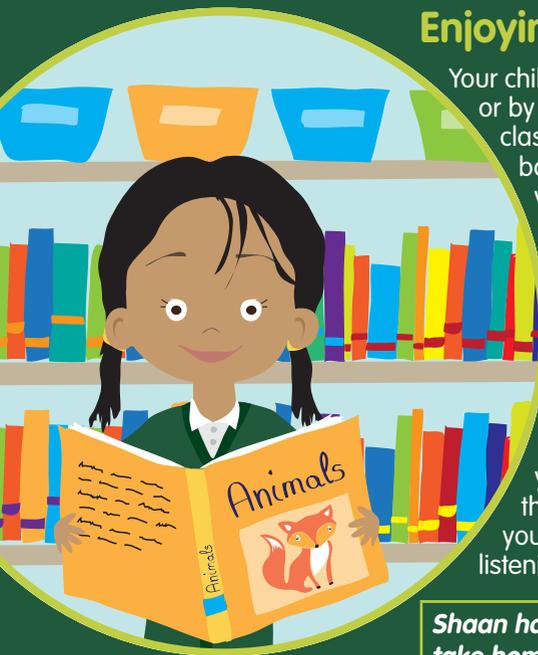


Enjoying books and reading

Your child will look at books with their friends, a teacher or by themselves. Their teacher will also read to the class every day. Children will be given a reading book to take home each weekend. Read this with your child so they can discuss it with their friends and teacher the following week.

Before your child comes to school, start reading and exploring books with them every day and continue this when they start school. Studies have shown that children who are read to at home do well at school. Show them how to handle a book and sit and listen quietly so they can enjoy a story. When you read to them, stop from time to time to ask them questions about the story. This will help your child concentrate on the story and develop listening skills for when they start school.

Shaan has picked her weekend reading book to take home and read with her grown-ups.



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