



Recognising and writing their own name



Going to the toilet independently

# Helping to get your child Reception Ready



**ST ANDREW'S**  
Church of England  
Primary School & Nursery  
*Where young minds grow and young  
hearts learn to care*

Starting school is a big change for you and your child.  
We have written this leaflet to help.



Taking shoes off and putting them on

Getting dressed and undressed independently



If you still have any worries about your child starting school, please let us know. We are here to help.

## Recognising and writing their own name



It will help your child if they are able to recognise their own name. For example, when they see their name written on a coat peg, or on their things. Help them practise this before they come to school by showing them what their name looks like, and by helping them write it.

## Going to the toilet independently

Teach your child how to use the toilet and to clean themselves afterwards. Encourage them to wash their hands thoroughly with soap before drying them. An adult is always available if they need help.



## Taking shoes off and putting them on

We find that most children struggle with laces at this age. Please think about shoes with easy fastenings such as Velcro, as they are quick and easy for children to use. You can also help your child by getting them to practise taking their shoes off and on at home.

## Getting dressed and undressed independently

To help your child feel more confident, 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 are also great for easy changing. Encourage your child with practice sessions before they start school.





## Establishing routines at home for mornings and bedtimes

We know that mornings are a very busy time for families. 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 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, have breakfast and clean their teeth, so you can still get your child to school on time.



## 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.



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