



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.

Getting dressed and undressed independently



Making sure your child's clothes are easy for them to take off and put on will help them feel more confident when they change their clothes. Think about getting clothes with easy fastenings or big buttons. Elasticated waists are great for easy changing, as are shoes with Velcro straps. Encourage your child with practice sessions before they start school and show them how to do up the zip on their coat and how to make sure they are putting a jumper on the right way round.

Thomas is getting ready to play outside so he is putting his jumper on. He practised putting his uniform on and taking it off before he started school so now he is an expert!

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 need to remember to shut the cubicle door and be able to wipe themselves and flush the toilet when they have finished. They also need to wash and dry their own hands. If your child does not usually go to the toilet by themselves, help them practise before they start school so they feel confident going on their own.

Zahra 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

Children can have frequent colds in their early school years, so often have runny noses. Show them how to wipe and blow their nose. Tell them it is important to throw the tissue in the bin afterwards as this will help to stop illness spreading.

Daniel 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 grown-ups helped him practise at home before he started school.



Eating independently and using cutlery

At lunchtime, the children will use cutlery to eat their food. We also encourage good table manners. There will always be adults available to help, but if your child can use cutlery independently, it will help them feel more confident. If they struggle with this at the moment, help them get lots of practice before they start school.

Zahra is glad she practised using cutlery at home before she started school. Now she finds it easy to use a knife and fork to eat her lunch.



Handling books correctly and enjoying them

Your child will be looking at books every day at school. They may look at them with a teacher, with their friends or by themselves, so make sure that they know how to handle and take care of books.

Help your child to practise sitting and listening quietly so they can enjoy a story. So 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.



Thomas has found a book about dogs. He enjoys turning the pages and looking at the pictures. When he has finished, he will put it away so another child can read it.



Recognising their own name

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

Daniel has found his peg in the cloakroom as he recognised his name. He is so pleased he practised recognising his name at home with his grown-ups.



St John Southworth RC Primary School

Lomeshaye Road, Nelson, BB9 0DQ

Tel: 01282 613906

Email: head@st-johnsouthworth.lancs.sch.uk
or bursar@st-johnsouthworth.lancs.sch.uk

Website: www.st-johnsouthworth.lancs.sch.uk