



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!



Starting school is a very exciting time for young children and their parents or carers. We also know it can be a worrying time too, with lots of questions about getting ready to start school. We have written this guide to help ease any worries and help your child settle into school happily and confidently.

Read this leaflet through with your child and practise anything that they need help with. If you have any questions or need extra advice or support, please let us know. We are always here to help.



Going to the toilet on their own

Children in reception usually go to the toilet independently, although an adult is always available if they need help. Children will need to be able to wipe themselves, flush the toilet when they have finished, and 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. This is an important step towards being independent.

Madu has been to the toilet by himself.

"I am so glad that I practised before I came to school," he says. "I know exactly what to do!"

Writing their name in lowercase letters

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 writing their name out for them and ask your child to trace over it. This will also get them used to handling pencils.

Esther is writing her name on the back of her painting.

"I wrote it perfectly!" she says "Now my teacher knows this is mine."



Recognising their name

We will teach your child the alphabet and the sounds each letter makes, but it will help your child if they are able to recognise their own name to find their things. For example, when they see it written on a name card, a coat peg or on their belongings. You can help by writing their name on items at home, and asking them to see how many times they can find and read their name.

Today is Alfie's birthday.

"This birthday card is for me," says Alfie. "I recognise my name!"



Taking off and putting on their own coat

Your child will need to take their coat or jacket on and off during the school day. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. We recommend clothes with easy fastenings or big buttons. Encourage your child with practice sessions before they start school and show them how to do up the zip on their coat.

Madu is getting ready to play outside.

"My coat has a big, easy zip!" says Madu. "I feel so grown-up getting ready all by myself."



Taking off and putting on their shoes

Children take their shoes off and put them on throughout the school day. We find that most children struggle with laces at this age, so we recommend shoes with simple fastenings such as Velcro, as they are quick and easy for children to use. If your child is already learning how to tie laces in their shoes, we are happy to help them. You can also help your child by getting them to practise putting their shoes on and taking them off at home.

Esther has come back in from playing outside and is putting her school shoes back on.

"I know this shoe goes on my right foot," she says. "I've been practising lots at home!"



Wiping their nose with a tissue

Children often have colds in their early school years. It helps prevent the spread of colds and makes the children feel more comfortable if they have clear noses. Teach them how to wipe and blow their nose, then throw it in the bin and wash their hands. It is a good idea to provide your child with a packet of tissues if they have a cold.

Alfie is blowing his nose with a tissue.

"I know how to blow my nose like a grown-up," says Alfie. "It helps me breathe much better."



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