



Helping to Get Your Child Reception Ready

Starting school is exciting for children and their parents or carers, but it can be a worrying time too. 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

Make sure your child's clothes are easy for them to take off. 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. 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.

Manraj has been practising putting his clothes on without any help. He has put his shoes on all by himself and feels very grown up!

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 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 are confident going on their own.

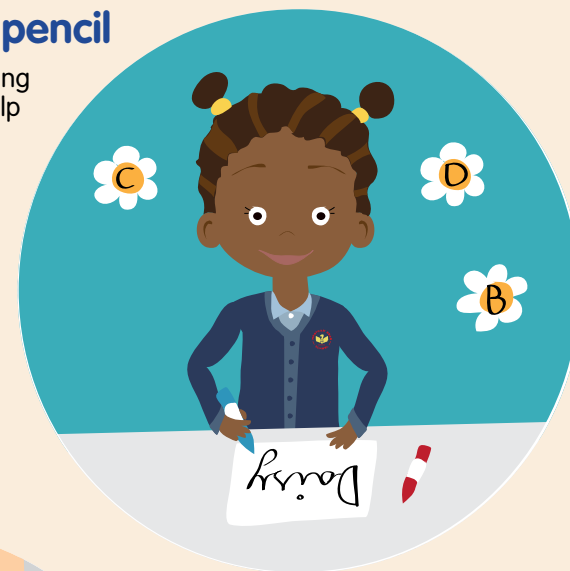
Manraj has been to the toilet by himself. He remembered to flush and is washing his hands really well. Everything is easy for him as he practised going to the toilet at home, so he knows what to do at school.



Holding and using a pencil

Your child will be drawing and writing when they start school, so it will help them feel more confident if they already know how to hold a pencil properly. Help them practise holding a pencil correctly at home and show them how to draw shapes and lines.

Daisy has been practising holding a pencil at home with her mummy and is now learning how to write her name all by herself.



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. Before they come to school, show them what their name looks like and help them to practise writing it.

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



Wiping their nose with tissue

Children can have frequent colds in their early school years, so often have runny noses. Please show them how to wipe and blow their nose and tell them it is important to 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.

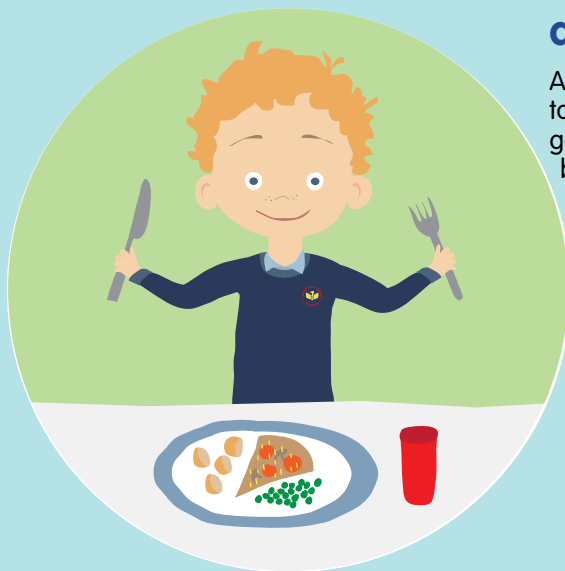
Jack knows how important it is to blow his nose and put the tissue in the bin afterwards, as this will help to stop germs from spreading. He is glad his mummy and daddy helped him practise at home before he started school.



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 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'.

Jack 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.



Wrotham Road Primary School
Wrotham Road, Gravesend, DA11 0QF

Telephone: 01474 534540

Website: www.wrotham-road.kent.sch.uk

Email: wrps-admin@golden-thread.org

Devised and produced by Stoneworks Education Ltd www.stoneworkseducation.co.uk