



Recognising their own name



Being able to eat and use cutlery independently

# Helping to get your child Reception Ready



Starting school is an exciting time for young children and their parents. However, parents and children often have worries too and ask us for advice about getting ready for school.

**We have written this guide to help you.**



Using tissues to wipe and blow their nose



Fastening and unfastening their coat

We want you and your child to feel happy and confident when you join us. In this leaflet we talk about a few key skills to concentrate on which will help your child to settle in. Read through this leaflet with your child before they start school and practise anything they do not feel confident about.

If you have any worries about anything we talk about in this leaflet or any other concerns about your child starting school, please let us know. We are here to help.

## Going to the toilet independently



We encourage independence in Reception, so your child will go to the toilet by themselves. This means that they will need to wipe themselves and flush the toilet when they have finished. They will also need to wash and dry their hands. If your child does not usually go to the toilet by themselves at the moment, help them practise before they start school. Reassure your child that if they need help, or have an accident, they don't need to worry - just tell a grown-up and they will help.

Olivia has been to the toilet all by herself and is now washing and drying her hands. She is so pleased that she can remember everything she learned when she practised at home.

## Recognising their own name

We will teach your child the alphabet and basic reading skills when they start school, but it will help your child if they can already recognise their name when they join us. This will help them with finding their own coat peg, for example. Help your child to practise this before they come to school by showing them what their name looks like, and by helping them write it. You could also try writing their name on items at home, and asking them to see how many times they can find and read their name.

Rosie has found her name on her coat hook and knows where to hang her coat up. She has practised finding her name at home with her parents.



## Fastening and unfastening their coat



Throughout the school day, your child will need to take their coat off and put it back on again. To help your child feel more confident doing this, make sure that their coat is easy for them to take off and put on. So, think about coats with easy fastenings. Check that they can manage zips and buttons. It is a good idea to check this when you buy a school coat as some zips and buttons are trickier than others.

Charlie and Olivia are getting ready to go home. Olivia is zipping up her coat. The zip is nice and smooth and easy for her little hands to manage. Charlie's coat has big buttons that are easy for his small fingers to fasten and unfasten. They are all ready in plenty of time before their grown-ups come to collect them.

## Being able to change clothes for PE

Your child will also be changing into PE clothes during the school week. We have chosen a uniform which makes it as easy as possible for your child to put on by themselves. To help your child even more, before they start school, make sure that your child has practised putting their uniform on and taking it off. Also think about footwear that is easy to use. For example, rather than shoes with laces, think about shoes with velcro fastenings.

Charlie is popping his shoes back on. He finds it very easy as they have velcro fastenings. Olivia is putting her jumper back on. The neck is nice and wide, so she can slip it on easily.



# Using tissues to wipe and blow their nose

Children often have colds in their early school years. It will help your child to feel more comfortable and help prevent the spread of colds if your child is able to wipe and blow their nose. Teach them to use a tissue whenever they have a runny nose. This helps stop the spread of coughs and colds and will help them breathe more easily. Also think about providing your child with some tissues to bring to school if they have a cold so they always have one available if they have a runny nose.



Rosie has a cold. Her parents have put a little packet of tissues in her school bag. She has wiped her nose and now she can breathe more easily and she feels better.

# Being able to eat and use cutlery independently

At meal times, your child will be using cutlery to eat their food. Adults will always be available if the children need any help, but it will help your child to feel more confident at meal times if they can use a knife and fork independently. Help your child practise using cutlery correctly at home and encourage good table manners.

Charlie is enjoying his tasty lunch. He is able to use his knife and fork to cut up his food. He has been practising this at home and is really proud that he can do this on his own now.



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