



Using cutlery



Helping to Get Your Child Reception Ready

Starting school is an exciting time for young children and their families. It can be an anxious time too as there are a lot of changes ahead. Parents/Carers often ask us how they can help their child get ready for school. We have written this guide to help.



Going to the toilet independently



We want you and your child to feel happy and confident when you join our school. There are a few key skills to concentrate on which will help your child to settle in. Read through this leaflet with your child and practise anything they feel unsure about.

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



Recognising their own name

Please don't worry if your child doesn't know the alphabet when they start school. We will teach them how to recognise numbers and letters. However, it will help your child if they are able to recognise their own name.

For example, when they see it written on a coat peg, or on items of clothing and belongings. Help them practise before they come to school by showing them what their name looks like and encouraging them to find objects with their name on that you have placed around your house. **Please remember to clearly name all your child's clothing and belongings.**

Meena has found her name on her coat peg. She is so pleased she can recognise her own name so she is able to find her things when she needs them.

Using cutlery

At mealtimes children will be using cutlery to eat their food. We also encourage good table manners. Adults will always be available to help the children if they need it, but it will help your child to feel more confident at mealtimes if they can use a knife and fork independently. Help your child practise using cutlery correctly at home and encourage good manners, especially emphasising to them when to use 'please' and 'thank you'.

Daisy is using her knife and fork as she eats her school lunch. She is so glad she practised using cutlery at home before she started school. Daisy has already said 'thank you' to the lady who poured her a beaker of water. She knows it is important to be polite.



Using tissues to wipe and blow their nose

Children often have frequent colds in their early school years. Please show them how to wipe and blow their nose and tell them it is important to throw the tissue in the bin afterwards. By following these simple steps, we can all help stop the spread of germs.

Harry is very good at blowing his nose so that he can breathe better. He then throws the used tissue in the bin. He knows this is important and is glad he remembered what he learned when he practised at home.

Going to the toilet independently

Children in reception usually go to the toilet independently although an adult is always available if they need help. Our children need to be able to clean themselves and flush 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. Our toilets are very easy for small children to use as they are designed with them in mind.

Meena has used and flushed the toilet all by herself and is now washing her hands. Everything is so easy for her as she practised at home with her grown-up before she started school. She knows that if she needs help, she can ask her teacher.





Getting dressed and undressed independently

Your child will be changing their clothes during the school day to go outside to play or to do activities, such as PE. To help your child feel more confident doing this, 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.

Meena and Daisy are putting their coats on to go outside. The zips and big buttons make their coats so easy to take off and put on. They will soon be playing outside with their friends.

Taking shoes off and putting them on

Children take their shoes off and put them on throughout the school day. We find that most children struggle with laces at this age. We recommend that you 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.

Harry has come in from playing outside and is putting his school shoes back on. He finds it really easy to slip on his school shoes because they have Velcro fastenings. This means he is always back in class on time for the next lesson to start.



Everyone Learning Together Through Work and Play

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