

Listening and  
attention skills



Sacred Heart



Primary School

Recognising  
their own name



# Helping to get your child Reception Ready

Parents often ask us what they can do to help their child prepare for starting school. To help, we have written this guide which has some useful tips.

Getting dressed  
and undressed  
independently



Encouraging  
self-care



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 do not feel confident about.



### Getting dressed and undressed independently

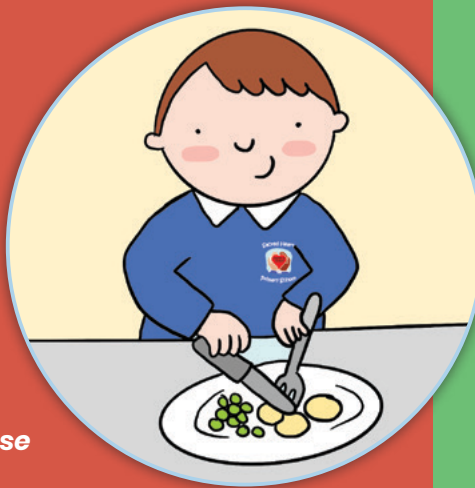
Making sure your child's clothes are easy for them to take off and put on will help them feel more confident. Think about getting clothes with easy fastenings or big buttons. Elasticated waists are great for easy changing, as are shoes with Velcro straps. Encourage your child with practice sessions before they start school.

**Oliver is putting his coat on, ready to go outside. He practised doing it lots of times before he started school and now finds it much easier. He feels very grown-up getting ready all by himself.**

### Using cutlery

At lunchtime, the children will use cutlery to eat their food and we also encourage good table manners. There will always be adults available to provide 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".

**Oliver 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.**



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.

### Encouraging self-care

Your child will be encouraged to be more independent when they start school, so they will be expected to do things such as wipe their own nose if they have a cold and go to the toilet, wipe and flush by themselves. They also need to know how important it is to wash their hands with soap and water. Encourage your child to practise doing these things before they start school so they are confident doing them on their own.

**Lara has blown her nose using a tissue. After she has put the tissue in the bin, she makes sure she washes her hands really well with soap and water so she doesn't spread any germs.**



### 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 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.

**Ali has found his name on his reading record. He is so pleased he practised recognising his name at home with his parents.**





## Holding and using a pencil

Children 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.

***Lara has practised holding a pencil with her parents at home and is now learning how to write her name all by herself.***

## Listening and attention skills

It is important that children become used to sitting still and concentrating. You can practise this with your child at home. Make the sessions fun and encourage them to sit still and listen by talking to them about something that interests them. Asking them easy questions will help to keep their attention and get them used to focussing on what you are talking about.

***The teacher is reading to Oliver and Ali. She tells them how pleased she is that they are sitting quietly, listening, thinking and learning.***



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