

Being able to dress themselves



Using cutlery independently

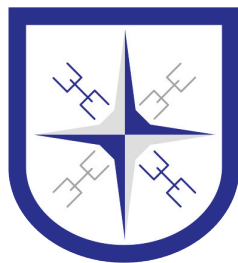


# Helping to Get Your Child Reception Ready

## A journey in Faith, Love and Learning

Starting school is a very exciting time for young children and their parents or carers. We also know that it can be a worrying time too, with lots of questions about getting ready to start school.

We have written this special guide to help ease any worries and get your child ready to start school.



Using the toilet independently



Recognising their own name



**You may find it useful to read through this leaflet with your child and practise things they may need help with, before they start school.**

### **Being able to dress themselves**

Throughout the school day, your child will have to put on aprons and outdoor clothing. They may also need to take off and put on their school jumper. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. Think about clothes with easy fastenings or big buttons. Shoes with Velcro fastenings are easier to take on and off. Encourage your child with practice sessions before they start school.

**Isa has been playing with the sand and water today, so he is putting his jumper back on.**



### **Using cutlery independently**

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 your child will 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'.

**Max is so happy that he practised using a knife and fork at home so he can cut his own food up at school.**



### **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 clean 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. This is an important step to independence for them.

**Lucy has been to the toilet by herself and is now washing her hands. Everything is easy for her as she practised going to the toilet at home, so she knows what to do at school.**

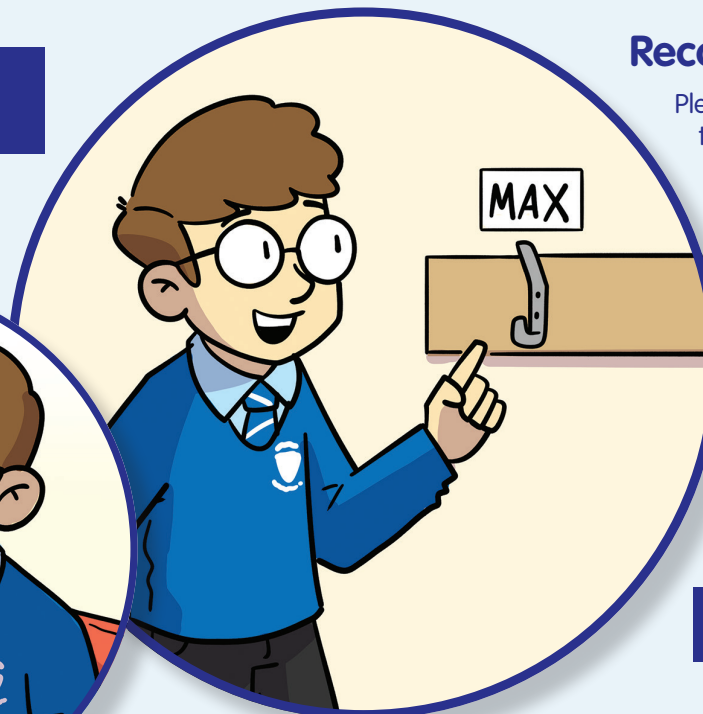


### **Recognising their own name**

Please don't worry if your child doesn't know the alphabet when they start school. We will teach them how to recognise and write numbers and letters. However, it will help your child feel more confident if they are able to recognise their own name, for example, when they see it written on a coat peg, or items of clothing and belongings. You can help them practise before they start school by showing them what their name looks like and by helping them to write it.

Please remember to clearly label all your child's clothing and belongings.

**Max found his peg quickly, as he had practised recognising his own name.**



## Enjoying books and reading

We read to the children when they start school, and they will also be handling and using books. It helps your child to settle into classroom activities if they feel confident and are used to looking at and handling books. Reading to your child regularly and talking to them about stories and pictures is a great way to get them to start enjoying books.

**Lucy loves looking at and reading books because her mum and dad read a bedtime story to her every night.**



## Using tissues to wipe and blow their nose

Children often have colds in their early school years. Over recent years, it's become more important than ever to teach your child how to wipe and blow their nose correctly and hygienically. Teach them to use a tissue whenever they have a runny nose and to throw the used tissue in the bin and then wash their hands. This helps stop the spread of germs at school.

**Isa knows how to blow his nose when he has a cold. He also knows to put it straight in the bin afterwards.**



# A journey in Faith, Love and Learning



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