



What can I do at home to help my child get ready for Reception?

Starting school is an exciting time for young children and their parents/carers but it can also be daunting.

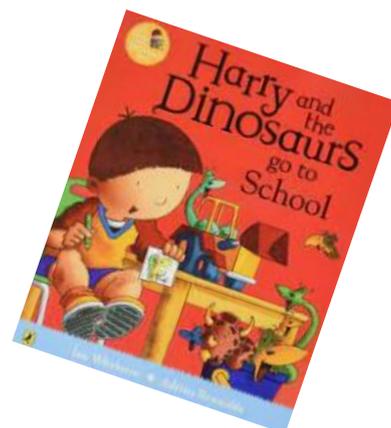
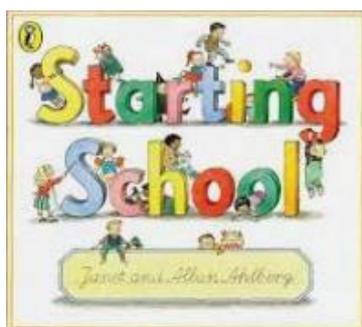
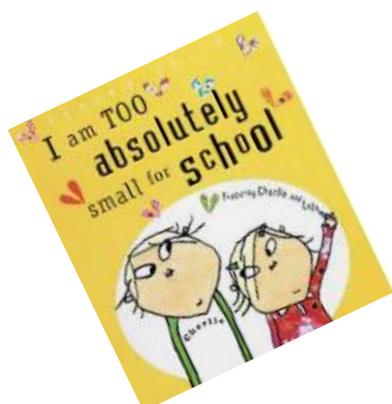
However, there are some things that you can do to help prepare your child and with a little preparation and encouragement most children will settle easily into school.

Here are just a few tips to help you and your child:

- Do try to bring your child to at least one, preferably both, 'Story and Play' sessions
- Chat with your child about starting school nearer the time. What do they think it will be like? Is there anything they are worried about? If they are anxious, talk about the things they will like. For example: the sand tray, the home corner, lunch! Look at the school website and prospectus. Talk about the pictures. Aim to be as positive as possible about starting school. Try not to make any negative comments.
- Read books together about starting school.

Books about starting school

- ❖ I Am Absolutely Too Small for School (Charlie and Lola series) by Lauren Child
- ❖ Starting School by Janet and Allan Ahlberg
- ❖ Topsy and Tim Start School by Jean and Gareth Adamson
- ❖ Harry and the Dinosaurs Go to School by Ian Wybrow and Adrian Reynolds
- ❖ Come to School Too, Blue Kangaroo! by Emma Chichester Clark



Some useful skills

As your child has attended Nursery, they are already well on their way to developing the social and practical skills they need to start school. They are used to leaving you, mixing with other children, taking instructions and taking some responsibility for tidying up after themselves and looking after their belongings.



Self-care

Going to the toilet

- Support your child to be confident about getting to the toilet in time and wiping properly. Remember, when buying your school uniform think about how easy it is to get on and off.

Dressing and undressing

- Let your child practise putting on and taking off their school clothes. When you buy school uniform, do think about this.
Learn to put on and zip up their coat and shoes (Velcro only for Reception please).
Do label everything – there will be up to 30 children in the class.

Washing hands

- Chat about washing hands with soap and water, especially after going to the toilet and before lunch.

Using a tissue

- Encourage children to blow their own nose and throw the tissue in the bin.

Feeding themselves

- Children having school dinner (it is free!) will need to carry a tray and use a knife and fork. If your child is taking a lunch box make sure they can open any containers themselves.

Tidying up

- Get your child into the habit of hanging up their coat and putting toys away.



Reading

- Can your child recognise their own name? This is a really useful skill. Practise recognising it in a fun way – Hide and seek...
- Model to your child holding books the correct way up and turning the pages one at a time.
- Encourage your child to talk about what they can see happening in the pictures, then predicting what will happen next. Encourage use of language like; I think... Maybe... Ask, 'why do you think that?'. Be very accepting of all your child's suggestions.
- Play 'I hear with my little ear something beginning with the **sound** ... e.g. c for cat.
- When first letter sounds become easy (!) try aurally segmenting and blending cvc words eg. cat is - c / a / t – cat . Then, linking sounds to letters, sounding the letters of the alphabet.

Writing

- They will be learning to write their name. Don't forget the only capital letter is the first letter of their name and the rest lower case. Practise copying, then move on to writing their name by memory. (see 'letter formation' sheet enclosed).
- Draw pictures together and encourage your child to talk about their drawings.

Speaking and Listening

- Sing nursery rhymes.
- Chat with your child, encouraging them to speak in full sentences.
- Encourage your child to ask 'What does that mean?' when they hear a new word.
- Encourage sentence starters such as: 'I think....' and 'I wonder why/if...'

Maths

- Count everything! Steps in your home, cups for the dinner table, toy cars... Count on to 10 and back to zero, then try to 20 and back!
- Play board games using dice and counting places; dominoes...
- Play at being a 'shape spotter' e.g. I spy with my little eye something that looks like a triangle (pizza slice).
- When your child is happily reciting numbers, try recognising and then ordering numbers from 0-10.



Go at your child's pace and keep it fun together.