



# Help to get your child Reception ready

Parents often ask us how they can help their child to get ready for school. We have written a guide to help you.



## Going to the toilet on their own

Children in Reception are encouraged to go to the toilet independently, although an adult will be available if they need help. Our children need to be able to wipe 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.

## Using tissues to wipe and blow their nose

Children often have frequent colds in their early school years. Please donate a box of tissues at the beginning of the term to your child's class, and show them how to wipe and blow their nose too.



## Using cutlery

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



## Writing their name in lower case

We will teach your child to write their name but it is helpful if they can write their name in lower case letters (with the exception of the first letter) when they start. This gives them independence and ownership of their work. You could ask your child to practise writing their name in a special writing book.



### Recognising their own name

We will teach your child how to recognise numbers and letters, but 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. Help them practise this before they come to school by showing them what their name looks like. You could try writing their name on items at home, or asking them to see how many times they can find and read their name.



### Establishing routines at home for mornings and bedtimes

We know that getting children ready for school in the morning can be a very busy and stressful time for families. We recommend establishing a regular routine in the weeks before your child starts school as this will help everyone. Setting regular bedtimes with teeth cleaning and story time ensures your child settles down for a good night's sleep. A well-rested child will be ready to get up on time in the morning.



### Fastening and unfastening coats, jackets and cardigans

Your child will need to take their coat, jacket and cardigan off and put them on during the school day. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. You can have practise sessions before they start school. We know that lots of children really enjoy trying on their uniform before they start school.