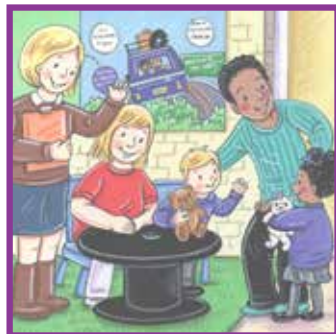
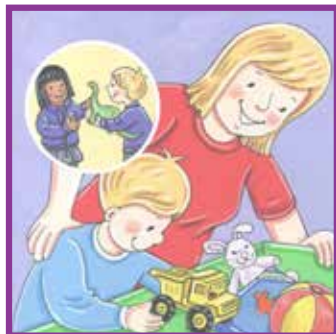


# Helping to Get Your Child Reception Ready

Starting school is exciting for children and their parents or carers, but it can be a worrying time too. We are often asked how to help children get ready for school. We have written this guide to help you.



*Stronger together*

This leaflet contains a few key skills to help your child to feel happy and confident when they start school. We recommend reading it with your child and practising anything they feel unsure about.

## Going to the toilet independently and using a tissue to wipe and blow their nose

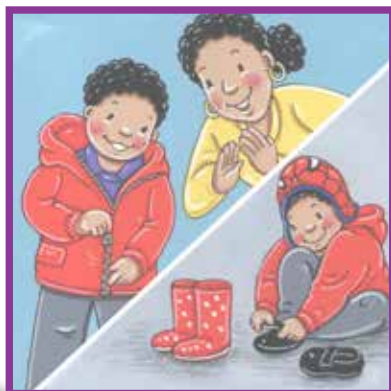
Children in reception usually go to the toilet independently, although an adult is always available if they need help. Children should be able to wipe themselves and flush the toilet when they have finished. They also need to wash and dry their own hands. If your child is not used to going to the toilet alone, help them practise before they start school. The toilets are within our classroom and are the perfect size for your child. We recommend supplying a spare set of clothes in case your child has an accident.

Children often catch colds when they start school. Please show your child how to wipe and blow their nose. They should also remember to put their dirty tissue in the bin and wash their hands afterwards. Doing this will help us prevent the spread of germs.



**Tom used the toilet and remembered to flush it and wash his hands when he finished. When he felt his nose start to run, he used his tissue to blow. Then he put his tissue in the bin and washed and dried his hands.**

## Getting dressed and undressed independently



Your child should be able to take off and put on their own coat, cardigan and jumper when they start school. We visit Forest School once a week, where your child will need to wear wellies, so they should know how to put on and take off shoes and wellies. To help your child feel more confident, choose clothes with big buttons, easy fastenings and elasticated waists, and shoes with Velcro fastenings.

Help them practise how to do their buttons and put their shoes and coats on at home. Your child will be excited to wear their new school uniform, so it will be a fun game to practise putting it on by themselves before they start school.

**Zips can be tricky, so Muhammed is practising at home. He is also learning to put his wellies on and take them off, so he is ready to go to Forest School.**

If you have any questions about this leaflet or concerns about your child starting school, please get in touch. We are here to help you.

## Listening and following instructions

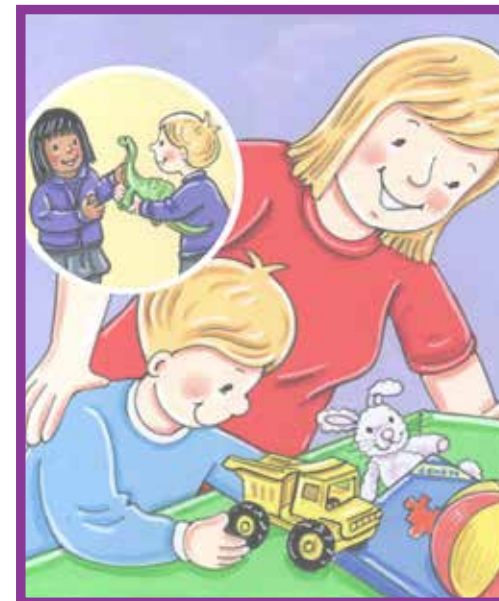
When your child starts school, it is important that they can follow simple instructions. Your child should listen carefully to the adult speaking to them. They should also look at the adult who is speaking to them to show that they are listening.

You can practise this at home by giving your child one-step instructions. Praise them when they look at the adult speaking to them and follow their instructions.

**Asher's dad tells her it is time to put her toys away. She looks at him while he speaks, to show that she is listening.**



## Sharing toys and tidying up

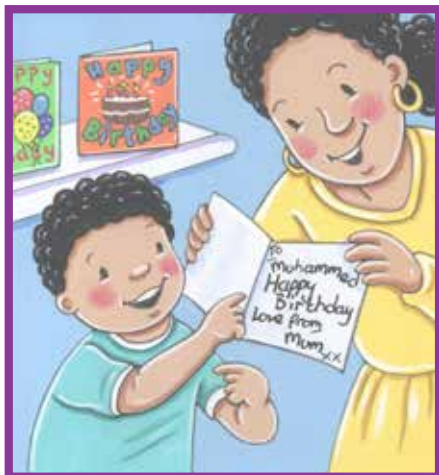


When your child comes to school, they should know how to share toys while playing with them and make sure everybody gets a turn. When children share, they can all have fun and feel happy. Sharing is also an excellent way to make new friends.

When your child shares with other children they are playing with, praise them. Doing this will encourage them to be good at sharing. You can also play games together that involve sharing and taking turns.

**Tom has had fun playing with his dinosaur. Now he asks Olivia if she would like a turn to play with it because he is good at sharing and would like her to be his friend.**

## Recognising their own name



When your child comes to Sharples Primary and Nursery School, they will learn to recognise letters and numbers. You can help them to feel more confident when they start by helping them to recognise their own name. As their school peg and trays will be labelled with their name, they will be able to find them more easily if they can recognise their name. One way your child can start to recognise the letters in their name is by looking at them on a birthday card.

**It's Muhammed's birthday today, and his mum is showing him his card. He knows the card is for him because he can see the letters in his name.**

## Join us for our Teddy Bear's Picnic and Stay and Play Sessions

In the summer term, we will hold a Teddy Bear's Picnic and a Stay and Play Session for all children starting reception in September. These fun sessions will help your child to become more familiar with the school, especially if they have never been before, and with reception. They will have the chance to find the toilets, see where things belong, and discover all the fun activities we do in school. They will also meet their teachers, make new friends, and have lots of fun.



**It's the Teddy Bear's Picnic today, and the children are excited. Tom and Asher are making friends and showing each other their teddy bears.**



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