



Recognising and writing their own name

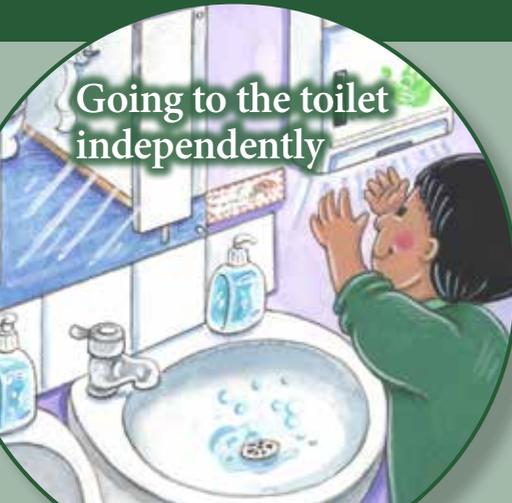


Recognising numbers and basic counting



Helping to Get Your Child Reception Ready

Starting school is a big change in a young child's life, and quite an adjustment for parents too! Being well prepared will help to make it a positive and exciting experience for your child – and for you.

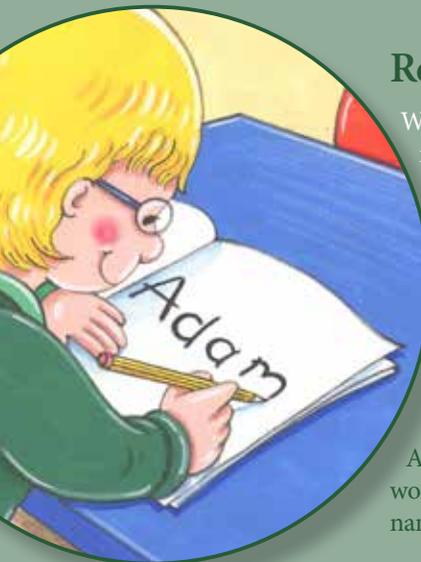


Going to the toilet independently



Getting dressed and undressed independently

We have written this guide to offer some useful tips to make it all go smoothly. Please look through this leaflet with your child and talk about anything they do not feel confident about. If you still have any worries about your child starting school, please let us know. We are here to help.



Recognising and writing their own name

We will be teaching the alphabet and the sounds each letter makes, but it will help your child if they are able to recognise their own name. For example, when they see their name written on a coat peg, or on their belongings, they will then be able to find their own things. This will give them confidence and help them feel less anxious. Your child will also label pieces of work that they do in class, so it is helpful if they are able to write their own name. Help them practise this before they come to school by showing them what their name looks like, and by helping them write it.

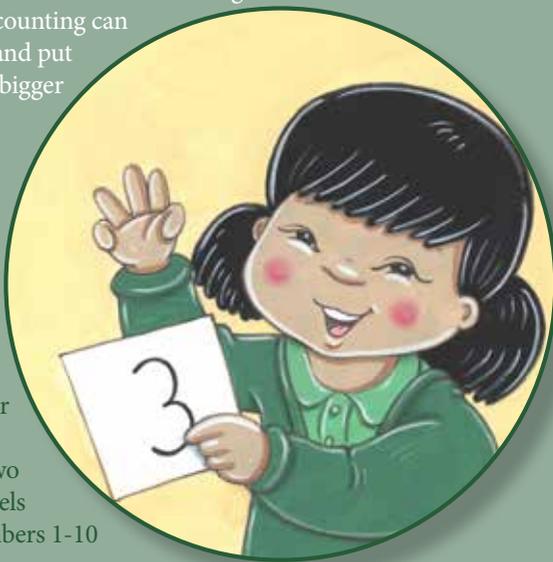
Adam is writing his name. He loves putting his name on his work. And now he can find his own things when they have his name on.

Recognising numbers and basic counting

We will teach your child about writing numbers and simple maths, but it can give them a good start if they are already familiar with the basics. A fun game that helps children recognise basic numbers and counting can be to combine them. Cut out some paper shapes and put the numbers 1-10 on them. If you use bigger and bigger paper shapes for the numbers, with 1 being the smallest and 10 having the largest shape, this will help your child identify the order sequence of the numbers.

Then encourage your child to say the numbers out loud. Once they have mastered that, get them to arrange the numbered shapes in order and to call out the numbers as they practise this.

Meilin is learning her numbers and is showing her grown-ups the number 3 as she says the number out loud. Just a few minutes a day for a week or two before her first day at school means that Meilin feels confident about recognising and reciting the numbers 1-10 when she starts school.



Going to the toilet independently

Teach your child how to use the toilet and to clean themselves afterwards. Explain the importance of flushing to leave the toilet clean for the next child to use. Turn practising into a game by asking them 'what comes next?' so they will remember to flush every time. Encourage them to wash their hands thoroughly with soap before drying them. An adult is always available if they need help but this is an important step to independence for them. Our toilets are very easy for small children to use as they are designed with them in mind.

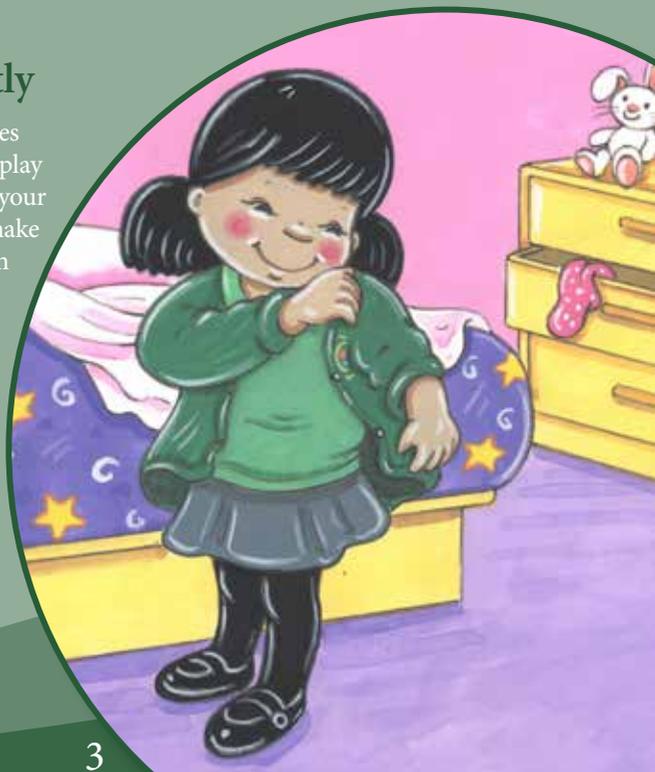


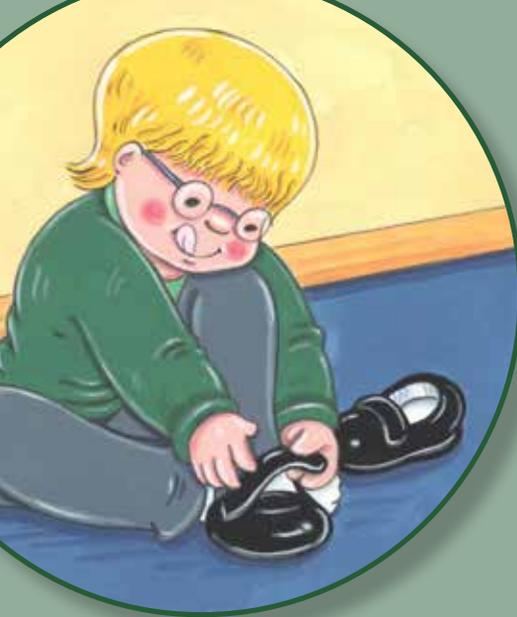
Jay has used the toilet all by himself and is now washing his hands with the liquid soap and drying them under the automatic hand dryer. Jay had not seen an automatic hand dryer before and at first he thought the noise it made was scary. Now he loves it, and he thinks it sounds like a hair dryer! He waves his wet hands under the hand dryer and lovely warm air blows out to dry his hands for him.

Getting dressed and undressed independently

Your child will be changing their clothes during the school day to go outside to play or to do activities, such as PE. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. So think about clothes with easy fastenings or big buttons. Skirts with elasticated waists are also great for easy changing. Encourage your child with practice sessions before they start school.

Meilin is so excited about starting school that she is often trying on her school uniform in the holidays. She has practised so much that she can now get ready all by herself!





Taking shoes off and putting them on

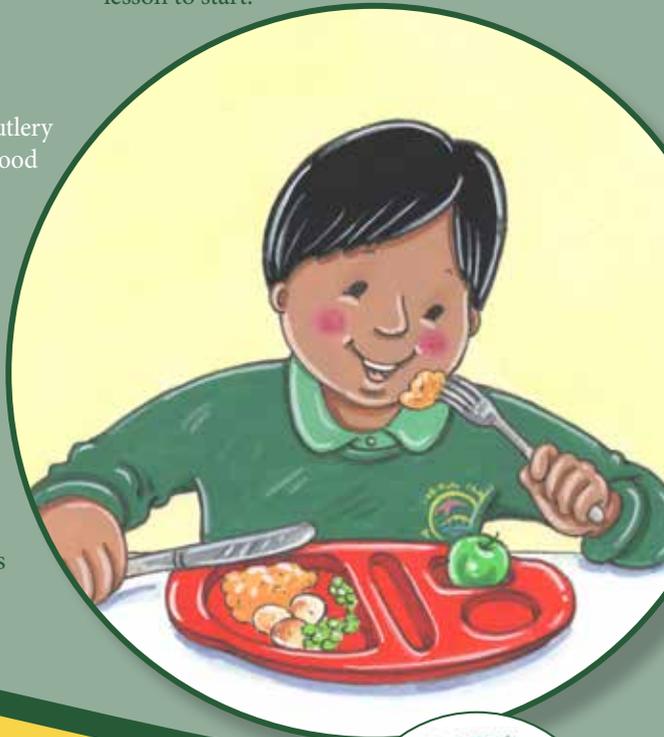
Children take their shoes off and put them on throughout the school day. We find that most children struggle with laces at this age. We recommend that you think about shoes with easy fastenings, such as Velcro, as they are quick and easy for children to use. You can also help your child by getting them to practise taking their shoes off and on at home.

Adam has been playing in the hall and is putting his shoes back on. He finds it really easy to slip on his school shoes which means he is always back in class on time for the next lesson to start.

Using cutlery

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 it will help your child to 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.

Jay is eating his lunch and using his knife and fork to cut up his food. He has been practising this at home and is really proud to show he can do this on his own now.



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