



# READY FOR RECEPTION

HELPING TO PREPARE YOUR CHILD FOR SCHOOL



Starting school is an exciting  
time for young children and  
their parents/carers.

As it can be an anxious time too,  
parents/carers often ask us for advice  
on how they can help their child  
get ready for school. The E1 Schools  
Partnership has produced this guide to  
help.

Please look through this booklet  
with your child and talk about anything  
they do not feel confident with.

If you still have any worries about your  
child starting school, please speak to a  
member of your child's class team.

We are all here to help.

## Recognising their own name

We will be teaching the alphabet, the sounds each letter makes and basic reading, but it will help your child if they are able to recognise their own name. This will help them with finding their own coat peg, for example



## Writing their own name

Your child will need to 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.





## Getting dressed & undressed

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.



## Putting on & taking off shoes

Children take their shoes off and put them on throughout the 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.

## Using the toilet on their own

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, and washing and drying their hands.



## Using tissues to wipe and blow their nose

Children often have frequent colds in their early school years. Please show them how to wipe and blow their nose and tell them it is important to throw the tissue in the bin afterwards.







## Using pencils & scissors correctly

Children draw, write and use scissors at school, so it helps if they already know how to hold and use them correctly. Help them to practice at home by drawing and cutting out shapes and lines.



## Recognising numbers & counting

We teach your child about writing numbers and simple maths, but it can give them a good start if they are familiar with the basics. A fun game that helps children recognise basic numbers and counting can be to combine them.

## Using cutlery & good manners

At mealtimes children use cutlery to eat their food and will need to be able to pour water for themselves from a jug into a beaker. Please encourage good manners and using "please" and "thank you".



## Starting morning & evening routines

We recommend establishing regular routines before your child starts school. Setting regular times for going to bed, with teeth cleaning and story time, ensures your child settles down for a good night's sleep and is ready for school the next day.





## Concentrating on activities

During the day your child will need to be able to sit quietly and undertake an activity. So, help them with activities which require some minutes of quiet concentration.



## Handling & enjoying books

Help your child get used to handling books and enjoying stories by sharing and reading books with them at home. Allow them to hold the book and turn the pages sometimes as you read them a story.