



Preparing your child for Reception

Your child doesn't need to be able to read, write or do sums before they start school. Children start school with a wide range of abilities and their teacher will be skilled at helping children progress at their own level.

What's most important is that you and your child have fun together in those preschool months and years – sharing stories, singing songs, playing games and talking about anything and everything.

It's natural to feel nervous about your child starting school, but remember that your child can easily pick up on your emotions. Try to be relaxed and positive, rather than showing your own nerves.

Don't...

Try not to make comments such as "I hated school" or "I was rubbish at school", which might give our child a negative attitude.

... and some things to avoid

Try not to bombard your child with endless talk about school – treating it in a matter-of-fact way rather than focusing on the "big step ahead" will help soothe an anxious child.

Don't over-hype school, as your little one may feel let down or mistrustful if it doesn't live up to expectations!

Do...

Teach them some useful Phrases such as "can I join in?" or "do you want to share?"

Useful skills that will help their self-confidence are:

- Going to the toilet by themselves
- Washing their hands and drying them by themselves
- Using a tissue
- Dressing and undressing by themselves
- Feeding themselves
- Tidying up (after playing, hanging up their own coat,

Prepare yourself....

Practise the school morning routine, including getting dressed and eating breakfast in time to leave.

Practise the school run so that you're both prepared for the school morning journey.

Chat with your child about starting school. What do they think it will be like? What are they most looking forward to? Is there anything they're unsure or worried about?

Look at the school's brochure, prospectus or website together and talk about the pictures. Find photos of you and other family members at school, and chat about happy memories from your own school days.



If possible, visit the school with your child before they start – either on formal open days, or fêtes, plays and other events.

If your child seems anxious about school, try focusing on the things they'll like best – maybe the sandpit, playhouse or new friends.

Perhaps they have some friends from preschool who will be starting reception at the same time.

What if...

If your child is particularly worried – perhaps about wetting themselves, not liking the food, or feeling ill – talk about these concerns with your child and with the class teacher.

Provide reassurance by discussing what to do and who to tell in these situations.

Ensure...

Your child will be tired and will need a good night's sleep make sure they get 10-13 hours sleep.

Your child will need a good balanced diet so make sure they have time to eat a healthy breakfast before school and you send them to school with a healthy lunchbox and you have a fun and healthy family meal.

If your child has a medical condition inform the school so they can ensure your child's condition is managed correctly and your child participates in all school activities.

