



Starting school

A guide for my parents



How you can help me to feel confident and ready to learn when I start in Reception. Encourage me to.....

My Body

- use the toilet on my own
- wash my hands
- wipe my nose
- hop skip and jump
- hold a pencil and make marks
- ask for help if I don't feel well
- enjoy a range of healthy foods

My Independence

- put my shoes and socks on
- put my coat on
- do up a zip
- feed myself
- open packets and wrappers

My thinking

- focus my attention
- follow instructions
- be curious
- pretend things are other things when I play

My Self

- play games with other children
- happy to be away from my mummy, daddy or main carer
- understand that what I do or say can make others happy or unhappy
- take turns and share
- recognise my name

My Learning

- explore
- be interested in new things
- share books
- enjoy rhymes and games
- want to play and learn

My Language

- tell you about what I am doing
- use words about things that interest me
- ask questions
- talk about something that has happened to me

My Listening

- sit and listen for a short while
- stop what I am doing and listen
- join in with my favourite rhymes

My Routines

- Take me to my school and show me my classroom
- Tell me what my teacher is called
- practice putting my uniform on
- let me tidy away my things



PLEASE NOTE: These skills are intended as a guide to typical development that might be expected. Please remember that your child is unique and will develop at his/her develops at their own rate. Any additional needs that they may have, or be experiencing currently need to be considered carefully.

Useful websites

What to expect, when? Guidance to your child's learning and development in the early years foundation stage

https://www.foundationyears.org.uk/files/2015/03/4Children_ParentsGuide_2015_WEB.pdf

Ages and Stages Questionnaire (ASQ3) parent activities

<https://agesandstages.com/resource/asq-learning-activity-handouts/>

CBeebies Let's talk about starting school

<https://www.bbc.co.uk/cbeebies/joinin/lets-talk-about-starting-school>

PACEY

<https://www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready/>

ERIC The children's bowel and bladder charity

<https://www.eric.org.uk/>