

# How to get your child ready for Reception



# ***Preschool to reception transition***

We are currently going through unprecedented and challenging times in education and appreciate that you may be feeling anxious about your child starting school. Under normal circumstances you would be able to pop into your school and chat with your class teacher and other parents but this is tricky at the moment. However, we would like you know that we are here to support you and your child in the run-up to starting reception. This will be done through:

1. Virtual tour of reception
2. Virtual 'meet the teacher' using zoom
3. Profile of the class teacher
4. Induction power point
5. 'How to get ready for Reception' power point
6. 'All about Reception' power point
7. Zoom call home visit
8. Create an: 'All about me' book with your child with all of their favourite people and things.

Successful transition for children from preschool to reception class is crucial to enable children and parents to feel secure in the new environment, and for children to continue to develop and learn effectively. Children and parents need time and opportunities to familiarise themselves with the school environment and to start building relationships with key members of staff. Reception class staff need time to gather important information from each child's preschool or nursery.



# Preparing your child for Reception

- If your child is starting in Reception in September, there are ways that you can prepare your child and yourself for this time of change.
- Throughout the summer holidays there are small steps you can take to make sure the transition happens in a smooth and relaxed manner.
- Here are our top tips for being Reception ready!



# Tip 1

Help to develop your child's confidence and self-belief Remind your child of all the things they have already achieved and always talk positively about going to school.

- Create an: 'All about me' book with your child with all of their favourite people and things.



# Tip 2

## **Support your child in being independent**

One of the most useful things you can do to get your child ready for school is to make sure they can carry out a number of practical tasks on their own.

- Washing their hands.
- Going to the toilet, wiping bottoms and pulling up underwear.
- Putting on coats and shoes and taking them off. (Try Velcro!)
- Getting changed into their PE kits. Why not have a few practise runs?
- Using a knife and fork and opening a lunchbox and its contents.



# Tip 3

## **Develop your child's interpersonal and cognitive skills**

Children learn and develop by playing alongside their classmates and so it is important that they are happy mixing with other children and adults. Being able to concentrate for small bursts, follow instructions and 'have a go' are also all important skills.

- Encourage sharing and taking turns through games and conversations.
- Practise talking and listening. Give your child your full attention when they speak and maintain eye contact - and hopefully they will listen to you too!
- Try to solve problems with words; talk about it instead of getting upset.
- Children are natural copy cats. Let them see you reading or tidying up and they'll soon want to join in, or try a role-play.
- Arrange play-dates and picnics to improve your child's social skills.
- Build up your child's concentration levels, a minute at a time, to focus on one activity. See if you can build up to 10 minutes. Maybe they could set a timer?
- Practise following simple instructions.
- Spend time with them on one activity, with no distractions, talking about what you are doing as you go along.
- Develop a 'have a go' attitude and an understanding that it is ok to make mistakes, as learn from them.



# Tip 4

## **Introduce them to literacy and numeracy skills.**

Your child's teacher will work with them to build these skills. However, there are many easy things you can do at home to support your child's learning:

- Help them to recognise their name so that they can find their space in the cloakroom. Do lots of drawing and colouring to practise holding a pencil.
- Talk with your child throughout the day and explain new words.
- Share a book together every day, even if it's just for a few minutes. Mix it up. Talk about pictures, characters and stories; find rhyming words or repeated phrases; guess what's going to happen on the next page or make up new endings. Take turns in choosing a book .... so you don't end up reading the same one every night (!) but also watch to see what they choose. Sometimes they will surprise you.
- Develop a shared love of books. If your child sees you reading and enjoying books, they will too.
- Introduce number through rhymes and songs like 5 little ducks.
- Make and play number games like beetle, dominoes and hopscotch.
- Count — everything — stairs at home, numbers on doors (great for counting in cars going past, birds in the park, and, if you're lucky, toys as you put them away! Countdowns, to count backwards too.



# Tip 5

## **Helping their first day to be successful**

There are lots of things you can do to help make your child's first day run smoothly but remember you are learning too, so don't be too hard on yourself.

- Try and get everything ready the night before. Talk about how the day will go and all the exciting things your child will do.
- Leave plenty of time so you're not rushing and you can both enjoy the first day.
- Say hello to other children and parents in the playground. Your child will copy your behaviour.
- Say a quick goodbye and remind your child that you will pick them up later.
- Try and stay calm if your child gets upset and remember the reception teacher and staff are very experienced in dealing with this.
- Plan something for you to do to take your mind off any worries you may have.
- Make sure you're there to pick up on time!





# Tip 6

## **Settling in to school life**

Remember all children are different and some will take longer to settle than others and that's fine; just carry on being kind and supportive. Also there are things you can do to help your child settle into their new routine.

- Don't plan too many things for after school as your child will be tired.
- Bring a healthy snack for the end of the school day. This will help boost their energy and mood.
- Your child may be over excited or over tired. Be prepared for anything!
- Remember to check their book bag every day for letters, pieces of work, reading books.
- Stay in touch with your class teacher and get involved with your school.



# Tip 7

## Home learning

Education is a three way process between your child, their teacher and you. Even in normal times, children spend much more time at home than they do at school, so you can have a big impact on your child's education. Don't plan too many things for after school as your child will be tired.

### **Be prepared!**

Think about routines, times and spaces to learn. Can you create a cosy book corner to encourage your child to read? Lots of things you do together at home already is "learning". Don't underestimate yourself!

### **Don't take on too much!**

10 minutes' of quality time is better than half an hour trying to multi task. Sometimes the simplest things are the best - and the cheapest - a walk through the woods, a game of I-spy or snuggling up with a good book.



# Tip 8

## **Learning on TV and using the Internet**

We all know that screen time is a mixed blessing and it does us all good to switch off sometimes. However, while children will learn best from their own experiences, television and the internet can be useful sources of inspiration and give you ideas to talk about and try.

Check out CBeebies, Numberblocks and Alphablocks. Hungry Little Minds [www.hungrylittleminds.gov.uk](http://www.hungrylittleminds.gov.uk)

Teach your Monster to Read [www.teachyourmonstertoread.com](http://www.teachyourmonstertoread.com)

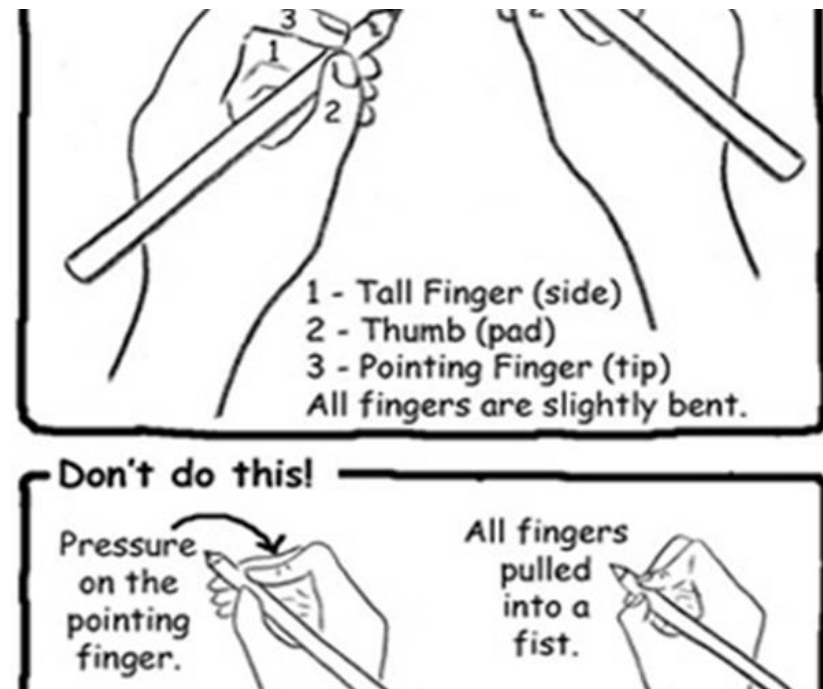
Phonics Play [www.phonicsplay.co.uk](http://www.phonicsplay.co.uk)



# Tip 9

Having pencil cases in school is not encouraged at this age. However, practising correct pencil grip is a good idea and need not be a chore!

- Drawing on paving slabs with brushes and water, writing outside with chalk, using tweezers to pick up dry rice and painting with cotton buds are just some of the fun ways you can encourage your child to establish a tripod grip- using thumb and first finger to grip either side and middle finger as a balancing aid.



# Communication

- Remember- no questions are silly questions and we would always encourage you to ask us if you are unsure of anything.
- The school opens from the 1<sup>st</sup> September, please contact us if you have questions. We are teachers - and parents - and know all too well the anxieties that go hand in hand with wanting to do our best by our children. We are here to support you and your child in this time of new beginnings and look forward to the partnership we share in what will be one of the most exciting years of development in your child's life.

