



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



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/>