

READY TO LEARN when I start Reception

Six Steps to Success

Follow these simple steps to ensure your child is confident and happy when starting reception class at school.

This will support them to settle well, thrive and learn.



I can communicate my wants and needs

Becoming more confident when speaking to others and being able to say when they need help will support your child to make a smooth transition to school and to establish friendships.

- Encourage your child to speak in short sentences and model this for them.
- Hold back and forth conversations throughout the day giving your whole attention to your child.

Scan the QR code for more communication tips.



I am aware of my own feelings and I am kind towards others

Children need to learn that all feelings are a normal part of life, and although it isn't nice to feel sad or angry, they can hold this emotion and learn how to cope with it.

- Label emotions for your child when these are experienced, for e.g. 'I can see that you are sad because you are crying, let me give you a hug to help you feel better.'
- Support your child to calm down (regulate) through ways which work for them. This could be by taking some deep breaths, or gently taking your child away from a difficult situation.

Scan the QR code for more information.



I can listen & join in with an activity

In order to learn and and enjoy school, children need to be able to listen and respond appropriately. Having lots of back and forth conversations helps to develop this skill.

- Talk to your child about anything and everything as you go about your day, such as what you are buying in the shops or what you can see through the car window.
- Gain your child's attention by saying their name and waiting for them to acknowledge you before talking to them and pausing to give them enough time to respond.

Scan the QR code for screen time advice.



I can follow simple instructions

Being able to follow instructions is a very important skill when starting school. Throughout the day, children will need to listen to and follow many instructions related to what they need to do and where they need to go.

- Keep instructions simple, for e.g. 'put toys away please'.
- Play simple games together.
- Make it clear that your child must follow the instruction of an adult, and give them help to achieve this if necessary.

I can play with other children & share toys with them

At school, your child will need to share a learning space with up to 30 other children and being able to wait patiently for a turn is an essential skill they need to learn.

- Play simple turn taking games, using the phrase 'my turn' and 'your turn'.
- Acknowledge that waiting is hard but resist offering distractions, such as a tablet or phone which removes the need to wait.

Scan the QR code for games to play together.



I can go to the toilet by myself and I have good self-care skills

Supporting your child's independence with self-care skills will help their confidence at school.

- Show your child how to use the toilet, wipe themselves clean and wash their hands.
- Allow your child time to carry out independent tasks such as getting dressed. It may take longer in the short term, but your child will feel the inner motivation that they succeeded and are more likely to try.
- Brush your child's teeth with fluoride toothpaste twice a day.
- Limit screen time to the recommended daily amounts.

Scan the QR code for toilet training advice.



All children grow and develop at different rates. If you are worried about your child's development, please seek advice. If you know or suspect that your child has special educational needs (SEND), developmental differences or delays, some of these skills may not be achievable for them at this point. Make sure you share as much information with your child's new teacher, who will work with you to find strategies to support your child.