

# Helping your child to be 'Reception Ready'

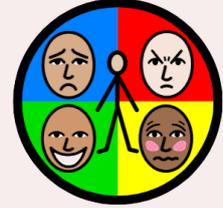
Here is a list of key skills that you can encourage your child to develop before starting school, with links to further support.



## AWARENESS



Share toys and take turns in games.  
 Show some responsibility such as packing their own bag or looking after belongings.  
 Keep to simple rules.  
 Respect boundaries and personal space.  
 Be proud of their efforts not just outcomes.  
 Show some awareness of the feelings of others.  
 Show empathy and kindness.  
 Show respect for plants and living creatures.  
 Describe their feelings such as being happy, sad, angry, tired etc.  
 Join in with other children and begin to cooperate.  
 Calm themselves down when upset or angry, with adult support.



## COMMUNICATION



Speak clearly in sentences so others can easily understand each word.  
 Listen well enough to follow simple instructions.  
 Know simple shapes, colours and animals.  
 Sing a nursery rhyme or simple song.  
 Ask for help when needed and explain what they need.  
 Be curious and ask questions to find out more.  
 Take turns in conversation.  
 Use polite language such as 'please' and 'thank you'.  
 Retell part of a favourite story.  
 Talk about their own interests.  
 Sequence events or simple processes such as getting dressed.

## LIFE SKILLS



Dress and undress themselves, putting on shoes, coats & using zips.  
 Use the toilet independently including washing hands.  
 Tidy up after themselves such as putting toys away.  
 Use cutlery and feed themselves.  
 Count to 5 and show awareness of numbers around them.  
 Be confident to try new things and use different approaches.  
 Make simple choices such as choosing between two snacks.  
 Understand cause and effect for example "If I spill water, I need to clean it up."  
 Understand basic personal safety such as not talking to strangers.  
 Know basic road safety like stopping at the curb & looking both ways.  
 Able to be safe in public spaces, for example staying close to a trusted adult without running off.

# C.A.L.M. transition to school



## Other Reflections

Can your child recognise their own belongings?  
 Have you labelled your child's clothing?  
 Remember when buying new shoes Velcro makes life easier!  
 Have you had positive conversations about starting school with your child? Are they excited?  
 Is your child used to separating from you such as going to a different family member, or nursery?  
 Do you have a regular sleep routine?  
 Does your child enjoy eating a range of different food?  
 Is your child used to being outside and being physically active?  
 Do you know what your child is watching online? Do you know how to put restrictions on devices?

## MOTOR SKILLS



**Large muscle (Gross Motor)**  
 Climb stairs with alternating feet.  
 Move safely around a room without bumping into things.  
 Sit upright for an extended period of time (about 5 minutes).  
**Small muscle (Fine Motor)**  
 Hold a pencil or crayon with a correct grip.  
 Cut using scissors.  
 Button, zip and fasten clothing.  
 Stack small blocks and manipulate small objects.  
**Hand Eye Coordination**  
 Trace lines and basic shapes.  
 Thread beads.  
 Complete simple puzzles.  
 Turn pages of a book one at a time.

## Support links

Family Hubs:  
<https://www.gov.uk/government/collections/family-hubs-and-start-for-life-programme>  
 Toileting:  
<https://eric.org.uk/potty-training/toilets-and-school-readiness/Learning>  
<https://www.learningblocks.tv/>  
<https://tbscaracas.com/wp-content/uploads/2022/04/EYFS-Early-Learning-Goals-2021.pdf>  
 Speech and Language:  
<https://speechandlanguage.org.uk/>

### Remember:

You must apply for a mainstream school place by January.

### Do not worry...

If your child cannot do these things, **school will help your child develop these skills and more...!**

They are also there for you, so ask about transition opportunities or if you have any specific concerns.

