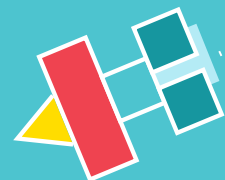




THE BRITISH SCHOOL
WARSAW
A NORD ANGLIA EDUCATION SCHOOL

Getting ready for Reception

How to help your child feel Reception ready. Here are some key skills you can practise together at home (as appropriate for your child).



Feeling ready socially



Read books about starting school

Connect with parents of children who are also starting in the same class.



Model social skills with your child e.g. good manners

Encourage your child to pay attention, listen well and respond appropriately.



Feeling ready socially

Sing songs and nursery rhymes together at home.



Help your child learn to communicate their needs.

Practise giving your child simple instructions and seeing if they can follow them.



Encourage your child to engage in imaginative play.

Feeling ready emotionally



Hype up the excitement of your child starting school, sharing those feelings of excitement!

Encourage your child to open up about the different emotions that they feel.



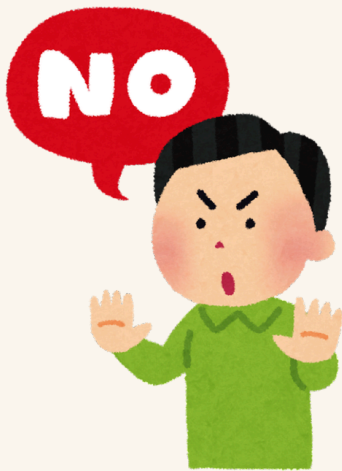
Support them to build upon their problem-solving skills. Discuss what to do if they are hurt, worried or unhappy.



Teach your child to appreciate the boundaries of others.



Feeling ready emotionally



Teach your child that sometimes, it's OK to say 'no' if they are asked to do something that they feel uncomfortable with.

When reading stories together, talk about different characters and how they might be feeling.



Help your child to understand that sometimes, things don't go our way.

Feeling ready physically



Keep your child active by engaging in lots of physical play activities outside your house.

Encourage your child to walk up and down steps, one foot at a time.



Enjoy simple ball games, such as throwing and catching a large ball.

Feeling ready physically

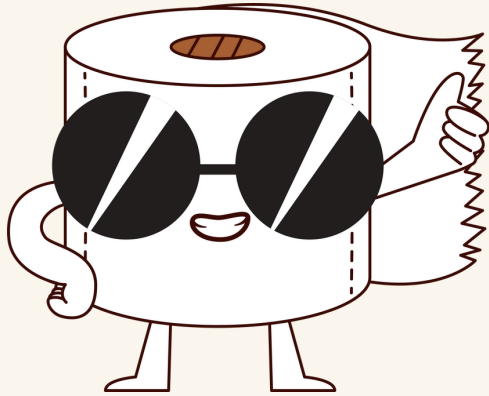


Help your child to build their muscles in their fingers and hands with plenty of fine motor activities such as building with toy bricks, threading pieces of pasta onto string and picking up small items with toy tweezers.



Enjoy craft activities where your child gets to strengthen their hand muscles while cutting and sticking.

Feeling independent



Encourage your child to use the toilet independently.

Encourage hand washing after using the toilet.



Support your child to use a knife and fork correctly.

Feeling independent



Give your child lots of opportunities to practise dressing and undressing independently.

Encourage your child to put on their coat and shoes every time they leave the house.



Provide plenty of safe opportunities (both inside and outside) for your child to engage in open-ended play.

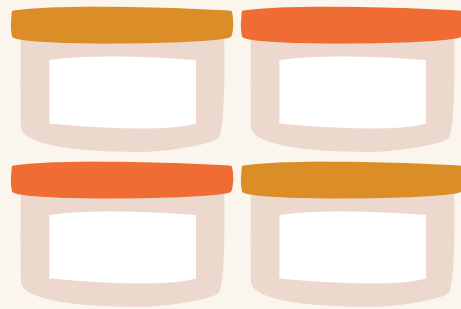


Feeling Ready Practically



Enjoy a special trip out to buy uniform and other things that your child will need for starting school.

Label everything!



With so many dates to remember, you will definitely need some kind of planner, diary or calendar to jot things down.

Connect with parents who will have children in the same class and arrange to meet up for a coffee.



Feeling Ready to Learn



Don't force your child to master the alphabet or their numbers until they show a genuine interest in doing so.

Read to and with your child every day.



Show your child how to form simple lines and shapes with a variety of different mark-making tools.

Feeling Ready to Learn



Help your child to recognise their own name.

If they're ready, introduce your child to sounds made by the letters in the alphabet.



Practise counting objects during different activities such as games or tidy-up time and while baking.

If your child is enjoying counting and seems ready, you can move on to recognising the numbers from 1-10.





Please note, this is not a prescriptive nor exhaustive list but is intended as a guide to support your child's transition into Reception.

We are very much looking forward to welcoming you to **Reception at TBSW.**

