

# Starting Reception

at Nene Valley Primary School



Starting school is an exciting milestone! Your child will encounter a range of new activities, routines and skills. As part of this transition, they will gradually be encouraged to develop greater independence in completing certain tasks. Some of these skills take time to master, so it's good to introduce them gradually. This can all begin at home as a part of your daily routines, helping your child to transition into school with confidence.

## I am socially ready

- I am able to take turns 
- I am able to share with others 
- I am good at making friends and enjoy interacting and playing with others
- I am able to persevere in tasks I might find difficult

## I am physically ready

- I am able to use the toilet independently 
- I can wash my hands, with soap, independently 
- I can put my coat and shoes on 
- I am a confident mover especially when running, climbing and jumping
- I have good muscle control in my arms, hands and fingers

## I am practically ready

- I can eat independently 
- I am beginning to eat with a knife and fork 
- I can sit at the table when I eat 
- I have a good bedtime routine, I get enough sleep 
- I have breakfast before I leave for school 
- I eat a balanced diet 

## I am emotionally ready

- I am confident being away from my mummy, daddy or my primary care giver
- I am able to identify how I feel and share it with others 
- I am willing to try new things
- I know who to ask when I need support

## I am ready to communicate

- I am able to sit and listen for a short while 
- I can follow instructions 
- I am able to talk about myself, my thoughts and feelings
- I can respond when my name is being called by looking at that adult 

LITTLE  
STEPS  
BIG  
START

## What if my child needs additional support?

- If your child needs additional support to settle into Reception, make sure you share as much information as possible with their new teacher. You can work with your child's early years setting to help your child with self-care, managing emotions, social skills and communication in a way that suits their stage of development. 

- Summer born children, or those speaking English as an additional language (EAL) may need more support.   

- If you know or suspect your child has special educational needs (SEND), developmental differences or delays, speak to their nursery, childminder or school team well before they start Reception to discuss their needs.



For further information on toilet training please see the Nene Valley Primary School website at: <https://www.nenevalleyprimary.org/>.

We look forward to seeing the children again at their stay and play sessions and home visits!

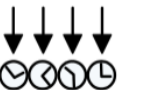
## Toilet training

- Children should stop using nappies between 18 and 30 months, this is best for children's bowel and bladder health. Being out of nappies not only helps children feel more confident and part of the group, it also means teachers can spend more time teaching and supporting children's development in other ways.
- Toilet training is about learning skills. The longer you wait, the harder it can be for your child to learn the new routine and feel confident without nappies.

### 1. Change nappies as soon as they are wet or soiled

This teaches your child that it is healthy to be clean and dry.

### 2. Introduce your child to a potty or toilet

Help their favourite doll or toy have a 'turn' on it, encouraging them to sit on it themselves. 

### 3. Regular potty or toilet sitting practise

This can begin once they have been introduced to the potty or toilet, building up to several times a day.

### 4. Encourage a healthy diet

Give your child a diet which includes fibre (e.g. fruit, vegetables and brown bread) to help to avoid constipation, which can make potty training harder.

### 5. Drink plenty of water

6-8 drinks spread evenly through the day. When introducing solids, offer water in a cup.