

# Starting School

## What skills will I need?

There is a lot to consider when your child starts Reception. Below is a selection of skills that will support and encourage independence in your child. These will also help to prepare them for school. You may find that he/she is already doing some of these things, which is fantastic.

### Self-help skills

**Encourage your child to:**

- Wash and dry my hands
- Use the toilet independently
- Blow & wipe my nose
- Put on & do up my coat
- Put on & do up my shoes
- Dress and undress myself (really useful for PE)

### Sharing & making friendships

**Help your child by:**

- Playing turn taking games as a family
- Model sharing toys when playing together - "can I have a turn with that toy now?"  
"when you have finished with the ball can I have a go please?"
- Encourage your child to ask to join in activities rather than you invite them to join. Model how to ask - "can I play too?" "that looks like fun, can I join in?"

### Lunchtime and food choices

**Talk and support:**

- When you prepare food (lunch/dinner) it's a great opportunity to discuss making healthy choices. What are healthy food choices?
- Encourage your child to use a knife, fork and spoon to eat. Cut food independently.
- If they are going to have school dinners look at the menu and discuss their likes & dislikes. Encourage them to choose something new to try.
- If they are having packed lunch practice opening up food containers, lunch boxes or anything that might prove tricky for little fingers.

### Listening and language skills

**Encourage your child to:**

- Listen to a variety of stories, songs and rhymes. Join in with repeated words or phrases
- Use the pictures in books as cues to tell a story.
- Follow simple instructions - 'Simon says' is a fantastic game for doing this. You can increase the number of instructions as they get better - jump twice then clap for example
- Ask and answer simple questions
- Ask adults for help when they need it.
- Make up silly rhymes and play with alliteration like Silly Sally or Maisy Mountain

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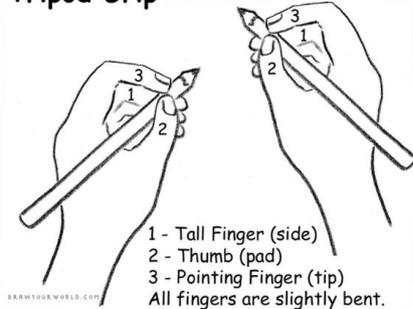
## What skills will I need?

### Reading and Writing

Help your child to:

- Recognise their name written down - stick post-it notes around the house for them to find with their name on.
- Hold a pencil in the correct way to make marks.

#### **Tripod Grip**



- Encourage your child to tell you what their marks mean.
- Encourage them to do activities that promote hand eye coordination - threading, play dough, cutting, pouring and mixing, sewing, weaving.
- Make small circles, straight and wavy lines on paper, using a corn flour mix and a stick or finger, using small paint brushes and water the floor or walls. Paint with brushes or cotton buds.
- Writing some letters in their name ONLY if they are ready. This is really important not to rush as they need to want to do this so it is a positive thing.

### Numerals and counting

Encourage your child to:

- Count out a particular number of objects for a larger group. For example, when you need 4 carrots for dinner asking your child to go and get them out for you. Or setting the table.
- Practice counting forwards and backwards to 10. Make it more interesting and use number songs and rhymes
- Recognise numerals to ten. Playing pairs is a great game for this

Useful links to help you to access some of the suggestions I have given:

<https://www.bbc.co.uk/bitesize/topics/zhsspg8>

number and counting ideas

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-songs-index/zhwdgwx>

songs and nursery rhymes

<https://www.bbc.co.uk/teach/school-radio/eyfs-listening-skills/zbc4y9q>

promoting listening skills

<https://www.bbc.co.uk/cbeebies/watch/storytime-app>

story time

<https://www.bbc.co.uk/teach/school-radio/eyfs-listen-and-play-index/zrrvhbk>

listen and play