



STARTING RECEPTION: A GUIDE FOR PARENTS

Supporting your child's first steps
into school life

For more information, visit-

<https://startingreception.co.uk>

https://beststartinlife.gov.uk/preparing-for-school/?es_c=7215A43D5BA4A0596E26ACC2E0A29BB2&es_cl=F687EFB7AA384BF85D92A0BA9151DEBB&es_id=ph7%c2%a386

WHAT A DAY LOOKS LIKE IN RECEPTION



- Start school at 8.50 and all children take part in Busy Fingers
- Handwriting activity
- Daily phonics lesson
- Playtime
- Snack and milk
- Maths lesson
- Lunchtime
- Topic lesson
- Story and songs
- Home time at 3.30



- Busy Finger activities are completed to assist with developing their fine motor skills
- We use Read Write Inc to deliver phonics lessons
- White Rose Maths is followed to deliver maths lessons
- Topics are based on the children's interests
- Children have access to Busy Learning throughout the day - this is where they make independent choices about the activity they would like to do

WELCOME TO THE JOURNEY

A Big Milestone

Starting primary school is an exciting time for both you and your child. It marks the beginning of their formal education in England through the **Early Years Foundation Stage (EYFS)**.

Why Focus on Readiness?

'School readiness' isn't about reading or writing yet! It's about giving your child the **confidence** and **independence** to thrive in a classroom environment. When a child can manage their behaviour and be independent, they feel happier and more settled.



EVERYDAY INDEPENDENCE

1



The Toilet

Encourage your child to use the toilet and wash hands thoroughly.

2



Dressing

Practice putting on and taking off coats. This helps during busy break times!

3



Meal Times

Practice using a knife and fork. It builds motor skills, independence and confidence.

LISTENING AND FOLLOWING INSTRUCTIONS

The Power of Listening

In a busy Reception class, children need to follow simple instructions like 'Sit on the carpet' or 'Line up for lunch'.

How to Support This

- Try giving **two-step instructions** at home (e.g., 'Put your shoes away, then find your teddy').
- Read stories together and ask them what happened next to build focus.
- Play games like 'Simon Says' to make following directions fun and engaging.



THINKING ABOUT READINESS



Which 'self-care' skill do you think will be the most helpful for your child to master before their first day, and why?

THINKING ABOUT READINESS



You might have said...

Independence with the toilet reduces anxiety for the child.
Putting on a coat allows them to get outside quickly to play with friends.

Using cutlery makes lunchtimes less stressful and more social.
Following instructions helps them feel part of the classroom community.

COMMUNICATION AND LANGUAGE



Encourage your child to express their needs clearly, such as asking for a drink or saying if they feel unwell. Model speaking in sentences and ask them to repeat the sentence back to you. For example, if they ask for 'drink', you could say, "Please can I have a drink."



Sharing through talk helps teachers understand your child's personality and how best to support their learning.

THE DAILY ROUTINE



Early Nights

Establish a consistent bedtime so your child is well-rested and ready to learn.

Morning Calm

Leave plenty of time for breakfast and getting dressed to avoid a stressful rush.

A Happy Goodbye

Keep drop-offs brief and positive. A smile and a wave help them feel secure.

HOME PRACTICE TASK



This week, try a '**school picnic**' at home! Let your child practice opening their own lunchbox, unwrapping a sandwich, and using their water bottle without help.

KEY TERMS FOR PARENTS

1.

EYFS

The EYFS (Early Years Foundation Stage) for children aged 0 to 5.

2.

Transitions

The process of moving from home to school settings.

3.

Fine Motor

Small movements using fingers, like cutlery.

A Guide for Parents: Ready, Steady, Reception

Starting school is an exciting next step for children and for parents too. While it might feel like learning letters and numbers are the most important things, what really helps children are the everyday skills they build through play and simple routines.

What is 50 Things to Do?

50 Things to Do Before You're Five is full of fun, no-cost or low-cost activities and events that help your child learn new skills, grow independence, and get ready for school. You can find all the activities on your local app or website.



What is the point?

The **Ready, Steady, Reception** booklet is a simple tool to help support your child's transition into Reception. It's filled with activities that build confidence, independence and the everyday skills children need for a confident start to school. It includes signposting to useful webpages or services to support families.

About the activities

Your booklet has seven fun, practical activities to try. Each activity is designed to help your child get ready for Reception by building everyday skills that support independence and learning. You do not have to do them in order, and you can do them more than once!

The other 50 Things to Do Before You're Five activities can be used to support your child's development of skills. You can access these on the translatable website or via the free app.

You can mark activities as complete and save memories of their achievements on the app, creating a record of their learning journey.

Shared moments

Your child can share the fun activities you have been doing together with their new class. This helps them feel proud, confident, and ready to join in, while showing teachers the skills and experiences they have been practising.

The seven exciting activities

- #10 Sharing Books.
- #16 Just Outside Your Door.
- #19 Growing Little People, Plants and Things.
- #20 Mini Artists.
- #56 Ready Steady Blow.
- #37 Postie.
- #45 Wonderful Waiting Games.

Get involved

[CamsEYC Starting Reception guide*](#) to the key skills to practice before starting reception. *Size: 3.8MB File format: pdf



[Starting Reception Steps on the journey for children with special educational needs and disabilities \(SEND\)](#) Size: 2.5MB File format: pdf



Access the 50 activities on [50 Things to Do Before You're Five](#), via the free app or translatable webpage.



SUMMARY: YOU'VE GOT THIS!



Building a Partnership

Remember, we are here to support you. We don't expect children to be perfect—we just want them to be ready to try!

Key Takeaways

- Focus on **independence** (toilets, coats, cutlery).
- Build **listening skills** through play.
- Keep routines **positive and consistent**.

We can't wait to see your child in Reception!