

# ACTIVITIES TO DO WITH YOUR CHILD BEFORE RECEPTION

To help your child develop independence, get them used to doing the following at home:

- › Getting dressed independently every day - practise closing buttons, putting on socks and shoes on the right feet, putting coat on and zipping up. Practise putting school clothes on and taking them off and folding them neatly in preparation for PE lessons.
- › Going to the toilet and wiping their bottom on their own - simple clothing like elasticated waistbands are easier to get on and off.
- › Washing their hands with soap and water, especially after going to the toilet.
- › Introduce your child to the routine of 'catch it, bin it, kill it'. Some children find blowing their nose difficult so play games to practise nose control e.g. blowing a feather into the air.
- › Cutting food using a 'real' knife and fork and carrying a plate or tray without dropping it. If your child is taking a lunchbox, make sure they can open it.
- › Tidying up their toys and doing simple household chores - giving them responsibilities will help them to become more independent.
- › Helping them to recognise their name in writing and to consistently respond to it verbally.
- › Create a coat and shoe peg at home with their name on it to help get them used to having something similar at school - it seems like a simple thing but it'll help when we ask your child to go and fetch their coat!

You can practise some of the activities your child would have done in early years in your own home to help make sure they develop the same skills and feel more ready when reception starts:

- › Do turn-taking activities such as playing with a toy - this helps them to get used to taking turns and also to understand the concept of sharing.
- › Get your child used to eating with others even if it's just a snack.
- › Lots of the learning in reception happens through play. Get down onto the carpet so you're at their level and enjoy some play with your child. Follow their lead with what they're doing or how they're playing. Then, try to get them to follow your lead and also create games together. This will help them to get used to playing and engaging with other children
- › Play some fun listening and doing games to help with following instructions e.g. 'Simon says' or 'Can you find?'.

### **Practise basic phonics in everyday settings:**

- See this useful guide from [Alphablocks - CBeebies](#) on phonics so you can practise using sounds, segmenting words and blending them with your child
- Recognise sounds and words in the environment around you to help your child hear the initial sound in words - e.g. look at that t-ree, first sound 't'
- Segment sounds in words orally while doing your usual daily routine - e.g. get your c-oa-t on, where is your b-a-g
- Play I spy but sound out the word and see if your child can blend it - e.g. I spy with my little eye a d-o-g
- Explore rhyming words

If you want to get started on basic numeracy skills, CBeebies has similar resources called [Numberblocks](#).

**Routine and consistency helps children to adapt and this will help ease the transition into reception. About 4 weeks before the start of reception, try to set a morning routine with your child. You can start with small steps and gradually add to the routine:**

- Get up at the same time every day and have breakfast.
- Get dressed up in the school uniform and put on 'school' shoes. Practise this a couple of times before starting school.
- Look up the route to school and if it's walking distance try it out - point to the school and tell your child they'll be going there soon. Remind them of the photos/videos of the teacher, play area and classroom we've shared with you so they can piece it together.
- Have lunch and snack at similar times to when your child will be eating at school. (Snack- 10.30am, lunch 12.00).

### **Some other things to try-**

- Talk to your child about starting school. What do they think it will be like? What are they most looking forward to? Is there anything they are worried or unsure about?
- Look at the schools website and facebook page to see what we do and talk about the pictures.
- Find photos of you and other family members at school, talk about happy memories from your own schooldays.
- Read books together about starting school.
- If your child seems anxious about school try focusing on the things they will like best- maybe the sandpit, water tray or new friends.
- If your child has a favourite toy/blanket try to get them used to being without it during the day. If they need comfort to begin with talk to the teacher about bringing it to leave in their bag or tray.