**Helping your child to start school**

**In Nursery and Reception children are expected to;**

* Be able to recognise their own name.
* Be able to stop, look and listen when an adult says their name.
* Be able to let an adult know if they need any kind of help.
* Be able to dress themselves, including putting own shoes and coat on.
* Be able to go to the toilet by themselves, flush the toilet and wash their hands each time.
* Be able sit at a table and eat with a knife and fork.
* Be able to take turns when talking and speak kindly to each other.
* Be happy to try new things; e.g. play with different toys, play different games, try unfamiliar foods.
* Attend school every day and arrive on time.

**Things you can do at home to help your child make a good start in Nursery and Reception**

* Talk with them - having conversations can improve children’s language and thinking skills.
* Read to them and with them – show them that reading is an important life skill and that we can read for pleasure. Enjoy quality time sharing a book and talking about what you have read. They should be able to listen to a story for around ten minutes.
* Play games with them which encourage turn taking and waiting. It also helps if they have experienced someone else winning.
* Jigsaws and similar puzzles help children to develop concentration and fine motor skills.
* At school we have to have rules so that everybody is treated fairly. This means children have to get used to doing as they are asked straight away and it is really helpful if this is what they are used to at home.
* Routines and bedtime – children can get really tired at school and getting your child into a good routine at bedtime will help them learn at school. They should be in bed before 7.30pm.
* Memorising things, like nursery rhymes, will help develop your child’s capacity to learn.
* Encourage your child to draw, write, count, cut with scissors and use glue for sticking as often as you can.
* Find worthwhile ways to count and measure with your child, such as baking, cooking.
* Encourage your child to be independent. Let them do things for themselves - even if it does take longer.