

## Getting Ready for Reception

### Bedtime

I can brush my teeth.



I can listen to a story.



I can go to sleep early.



### Look after myself

I can go to the toilet & wash my hands.



I can try lots of different foods.



I can use a knife and fork.



I can wipe my nose. Put the tissue in the bin.



I can put on my coat and zip it up.



I can put on my socks and shoes.



### Listen & talk

I can follow an instruction.



I can ask for help.



I can join in with rhymes and songs.



I can look at a book and talk about it.



I can talk about what I see.



I can say how I am feeling.



### Play and make friends

I can choose a toy to play with.



I can tidy away my toys.



I can play with other children.



I can share with other children.



I can take turns.



### Ready to learn

I can walk to school.



I can talk about my model.



I can hold a pencil and draw myself.



I can write my name.



I can sort and match things.



I can count five things.

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## How you can help your child get ready for Reception:



### **Talk** with your child.

Have lots of conversations throughout the day.

\* Remember: dummies delay children's speech.



### Support your child to get into a **regular routine**.

For example: getting up, meal times and bedtime

(NHS recommends at least 11-12 hours sleep).



### **Limit screen time** [television and ipads]

The less time your child spends on a device the better.



### Share, read and talk about **books** with your child.

Support them to hold the book themselves & turn the pages carefully. Encourage them to talk about the book. Try visiting your local library.



### **Move** and have fun outside.

For example: play in the park, ride a balance bike and ball games

(NHS recommends at least 3 hours a day of physical activity).



### Spend time together **out and about** in your local community.



### Plan for your child to **play** with **other children**.