

My name is:

My teddy is called:



#Get
ready
with
Teddy



Let's prepare your child with the key skills they need to transition from pre-school to reception by supporting them on a journey with their teddy.



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Introduction

From birth, every child begins their learning journey and starts to develop at their own pace.

We all develop at different stages so when the time comes for your child to start school, they may need more support than others and that is absolutely fine.

There are ways we can help to make their transition into reception smooth and positive though and what can be really helpful is for your child to work on certain key skills before their first day at school.

If your child attends nursery, pre-school or is with a childminder, early years professionals will already be supporting your child's development but there's lots more you can be doing at home too, which helps to build your child's:

- **Confidence** • **Independence**
- **Emotional readiness** • **Practical skills**

If your child is not in a nursery, pre-school or with a childminder, you can contact your local family hub for more support.

By working together, and with a little help from teddy, we can help to ensure your child feels prepared and excited to begin their school journey.



Growing your child's independence

The more your child feels confident in completing different tasks and activities on their own, the more this can help them to handle new routines, make independent decisions and solve problems.

They can also learn how to manage different social situations in a new environment.

Development area	Skills to practise	Fun ideas to help your child practise these skills with teddy
Growing independence: Taking care of themselves	Putting on/ taking off their coat and shoes.	<ul style="list-style-type: none"> Model putting on a coat and placing shoes in front of your child's feet and their teddy.
	Using the toilet and washing their hands.	<ul style="list-style-type: none"> Go to the toilet with your child and their teddy and talk them through the different stages. Give them instructions to follow e.g. how to use the toilet and how to use water and soap to wash and then dry their hands. Encourage your child to sing a song with their teddy, like happy birthday, while their hands, so they know how long to wash their hands for. Talk to your child and their teddy about the times when they might need to wash their hands and make sure that they are doing these at home (e.g. after painting, before eating and after going to the toilet).



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Development area	Skills to practise	Fun ideas to help your child practise these skills with teddy
Growing independence: Taking care of themselves	Getting dressed with little help, e.g. after using the toilet or doing PE.	<ul style="list-style-type: none"> • Talk to your child and their teddy about what clothes they need to put on so they can practise following simple instructions when they get dressed. • Ask your child what they want to wear. This gives them practice in making choices and expressing preference. • Name body parts and items of clothing to help your child learn the concept of left and right with their teddy.
	Using cutlery (e.g. a fork and spoon, chopsticks) and drinking from an open cup.	<ul style="list-style-type: none"> • Have fun with games such as how many peas your child and their teddy can balance on a spoon. • Teach your child and their teddy how to peel a banana or an orange and let them have a go.
	Spending time away from you and learning they can be looked after by caring adults.	<ul style="list-style-type: none"> • Help your child to learn quiet games at mealtimes with their teddy that don't involve using a phone or tablet (e.g. play I spy with my little eye).



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Growing independence: Play, creativity and curiosity	Taking part in imaginative play (e.g. role play).	<ul style="list-style-type: none"> • Encourage your child to pretend feeding their teddy at mealtimes. Their teddy might like some foods and not like others. Does your child like the same foods as their teddy?
	Drawing, painting, colouring and sticking.	<ul style="list-style-type: none"> • Find some empty cardboard boxes, big or small, and help your child to build a cardboard town for their teddy to live in. • Help your child to make a necklace for their teddy by threading dry pasta or cereal on to some string. • Show your child and their teddy how to make marks on paper with crayons, pencils or paint and let them try too.
	Sharing story books, looking at pictures and talking about the characters.	<ul style="list-style-type: none"> • Encourage your child to sit with you and their teddy and look at their favourite book. Do this so they can enjoy looking at the pictures and watch you turn the pages before they can have a go too.
	Exploring the world around them (e.g. looking closely at the natural world, playing safely with objects at home).	<ul style="list-style-type: none"> • Take your child and their teddy to the shops and see if they can see some shop names or logos. • Take your child and their teddy to visit the library and let them choose books by themselves. • Encourage your child to look for flowers with their teddy when they are out on a walk. When you get home, they could make some petal perfume by putting the flowers in water.



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Building relationships and communicating

Building relationships and connecting socially are essential for every child. By using language to share and express our ideas and thoughts, this helps us to communicate effectively with strong communication skills also allowing us to express our emotions, build friendships, and develop empathy.

Development area	Skills to practise	Fun ideas to help your child practise these skills with teddy
Building relationships and communicating: Being with others	Practising sharing and taking turns with toys.	<ul style="list-style-type: none"> You can model the language 'my turn' and 'teddy's turn' when playing together. Your child might have to wait for their turn which can be tricky, so this might take some time to learn. If you visit the supermarket, your child and their teddy could take turns to put things you need in the trolley. Show your child and their teddy how you share things with others in everyday activities. They like to see what you are talking about and how many turns you have to take. Encourage your child to let their teddy join in and play their favourite board game. You might have to show them how to play the game.
	Talking to them about how they are feeling and why.	<ul style="list-style-type: none"> You can talk to your child about how you are feeling when you are happy and when you are sad. It is good for them to hear about different emotions.



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Building relationships and communicating: Being with others	Looking at story books together and speaking about what characters are feeling is a good way to do this.	<ul style="list-style-type: none"> When you share a book and a story with your child and their teddy, you can tell them how the characters are feeling too.
	Beginning to recognise what others are feeling, e.g. understanding if a friend is sad.	<ul style="list-style-type: none"> You can play a guess the feelings game with your child where you use facial expression and body language to show a feeling, such as happy, sad, cross or excited. Take turns to guess the feeling.
	Encouraging them to set boundaries for themselves and others (e.g. knowing how to say 'no').	<ul style="list-style-type: none"> You can model language such as "no thank you" and "I don't like that" so that your child can hear and copy. Provide opportunities for your child to be the leader in games and give the stop and go instructions.

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Building relationships and communicating: Communication and language	Singing along with songs and nursery rhymes.	<ul style="list-style-type: none"> You can sing their favourite nursery rhyme and song. Use actions and movement for the song too so that your child and their teddy can join in. This can be in the language you feel the most confident using.
	Talking happily to others about activities, experiences and the world around them.	<ul style="list-style-type: none"> Let your child and their teddy phone family members and tell them about what they have done that day.




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Development area	Skills to practise	Fun ideas to help your child practise these skills with teddy
Building relationships and communicating: Communication and language	Showing they need help by speaking clearly (in basic English or sign language).	<ul style="list-style-type: none"> • Ask your child if they can help you with tasks such as matching socks, baking or tidying up, modelling the words will encourage them to imitate. Encourage your child to ask for help by speaking, using signs or gestures, model the words when you respond, "help please". • You can reduce the number of distractions around you when you and your child are playing and spending time together. This can include turning off the television or putting your phone away. This will help your child to tune in and hear you when you are communicating together.
	Recognising the pattern of their name (so they can find it on their coat peg or jacket).	<ul style="list-style-type: none"> • Write your child's name and their teddy's name on a piece of paper and put these next to you when you sit at the table for mealtimes. • You could all go on a walk and look for print as you go along – the numbers of people's houses, the name of the road you are walking on, the names of shops and places to eat you that you might walk past.






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<p>Building relationships and communicating: Listening and engaging.</p> 	<p>Paying attention for short periods of time.</p>	<ul style="list-style-type: none"> • You can show your child how to play 'Ready, steady, go' games. For example, rolling a car, running with others or blowing bubbles. Waiting for the word 'go' can be tricky but this will help to build anticipation so we need to make sure that we don't rush the words and we take our time. • Encourage your child to show their teddy how to play "I spy" or "what can I hear" games when they are out and about. • Play Teddy/Simon Says. • You can show your child and their teddy how to make some food to eat (e.g. a sandwich, a curry or a cake). You can show them all the different ingredients you will need and which order we need to use them.
	<p>Listening to and following simple instructions.</p>	<ul style="list-style-type: none"> • Play a 'stop' and 'start' game either inside or outside. Your child could find something red to show their teddy when you say 'stop' and something green to show them when you say 'start'. Play some of your favourite music when you say 'start' and then stop the music when you say 'stop'. Remember to use the two coloured objects to help them see and hear the words too.
	<p>Carrying on with a task even when it's difficult and bouncing back if things go wrong.</p>	<ul style="list-style-type: none"> • Some games and activities might be tricky at first but with practise and repeating them again and again, it will get easier for your child. If they find a game or activity hard, encourage them to keep trying as they will soon get it.

Physical development

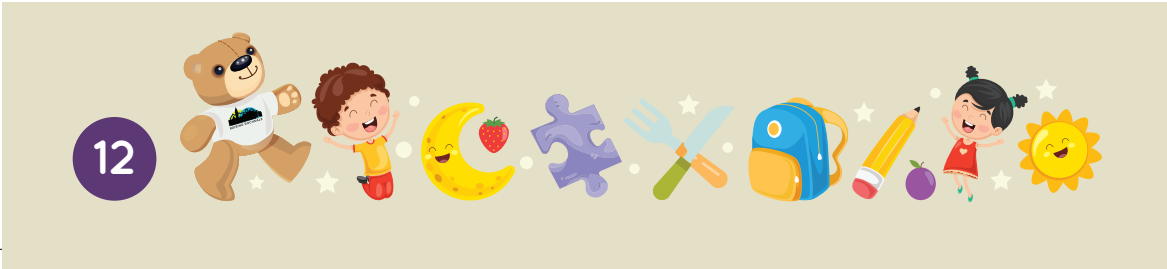
By being involved in physical activities, this helps to build your child's body, including their muscles and bones. It's also good for their learning, coordination and motor skills, while it also boost their confidence and promotes long-term healthy habits.

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 <p>Physical development: Getting moving for at least three hours a day.</p>	Walking up and down steps (one foot at a time, using the wall for support).	<p>Your child could show their teddy how they can:</p> <ul style="list-style-type: none"> Count the stairs as they walk up or down them Climb the slide at the park <p>They could also ask their teddy what they would like them to find, maybe something that is yellow or something that is small and then go and find this.</p>
	Climbing, running, jump-ing and playing.	<ul style="list-style-type: none"> Your child could put on their wellies and jump in muddy puddles
	Catching a large ball (most of the time).	<ul style="list-style-type: none"> Tell your child to hold out their arms ready to catch a ball. You will need to get on their level when they throw the ball. Encourage your child to roll, kick or throw a big soft ball with their teddy so they can practise big move-ments with their arms and legs.
	Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking.	<ul style="list-style-type: none"> Your child could put pieces together in a jigsaw or put the puzzle pieces in the right hole in an inset board or box. Support your child to use scissors to cut paper with their teddy. Your child could use a cardboard box to make a post box and then help their teddy to find things at home to post in the box.

Healthy routines

Having a routine at home for your child is great in helping them to feel safe and secure in their environment. It gives them a sense of security and stability and offers children an opportunity to get excited about what's ahead.

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Healthy routines	Going to bed around the same time each night, waking up in time to get ready for school.	<p>Your child could show their teddy how they can:</p> <ul style="list-style-type: none"> • Set up a routine that fits in with the family. You can talk about this routine while you carry it out, for example when they are getting ready for bed, you could talk about the things they are doing, the things they will need and what might happen next. • Read a bedtime story as they get ready to go to sleep. This will help them to feel more relaxed and will help to release happy chemicals in their brain ready for bedtime. • Talk to your child about what happens in your day, including what is happening now and what will happen next. This can be with pictures or actions, signs, sounds or words. This might encourage your child to share about their day without having to ask lots of questions.



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	Limiting screen time to the recommended daily amounts (see advice).	<ul style="list-style-type: none"> • Help to remove as many distractions as possible, for example turn off the television and move phones/tablets into another room. This will help to create a calm and relaxing environment that is less noisy. It will also help your child to be involved in all of the play activities and you can learn what they choose to focus on.
	Eating a healthy diet and trying new foods.	<ul style="list-style-type: none"> • Make a healthy snack together with their teddy e.g. a fruit kebab or sandwich.
	Brushing their teeth with fluoride toothpaste twice a day (supervised until they are at least 7).	<ul style="list-style-type: none"> • Show your child and their teddy how to put toothpaste on a brush and how to brush your teeth.



Draw your Teddy



#Get ready with Teddy



Do you need more support?

If you need any additional support in preparing your child for their transition from pre-school to reception, our Best Start Family Hubs are here to support you and your child every step of the way.

We have lots of fun activities that can help your child to practise the skills that we have talked about in this booklet.

Visit your nearest Best Start Family Hub today or download our Family Hub App for further support and ideas.



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IN LIFE**



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