



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL



Starting Reception in Bradford



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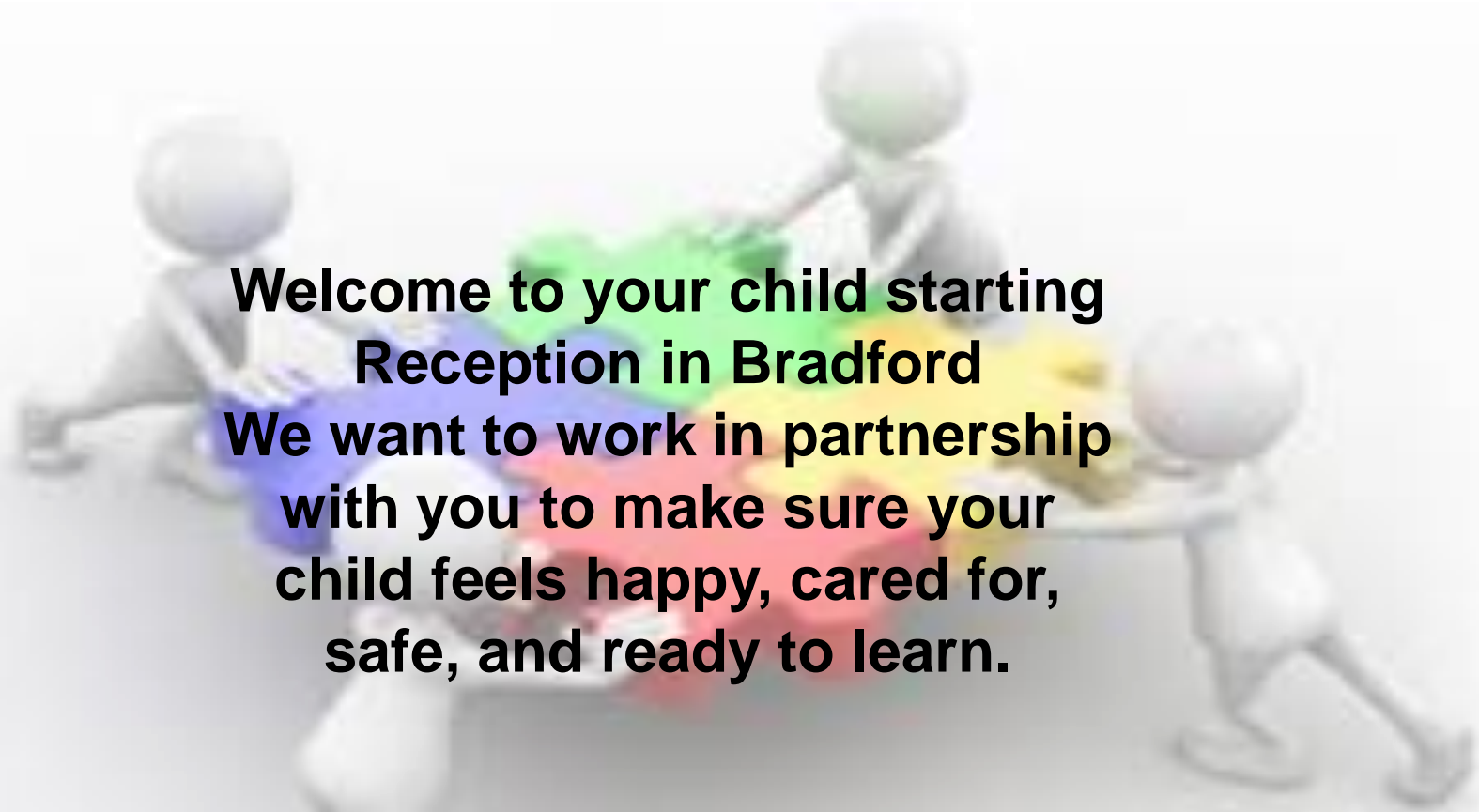


Starting Reception

Your child's journey to school starts at home

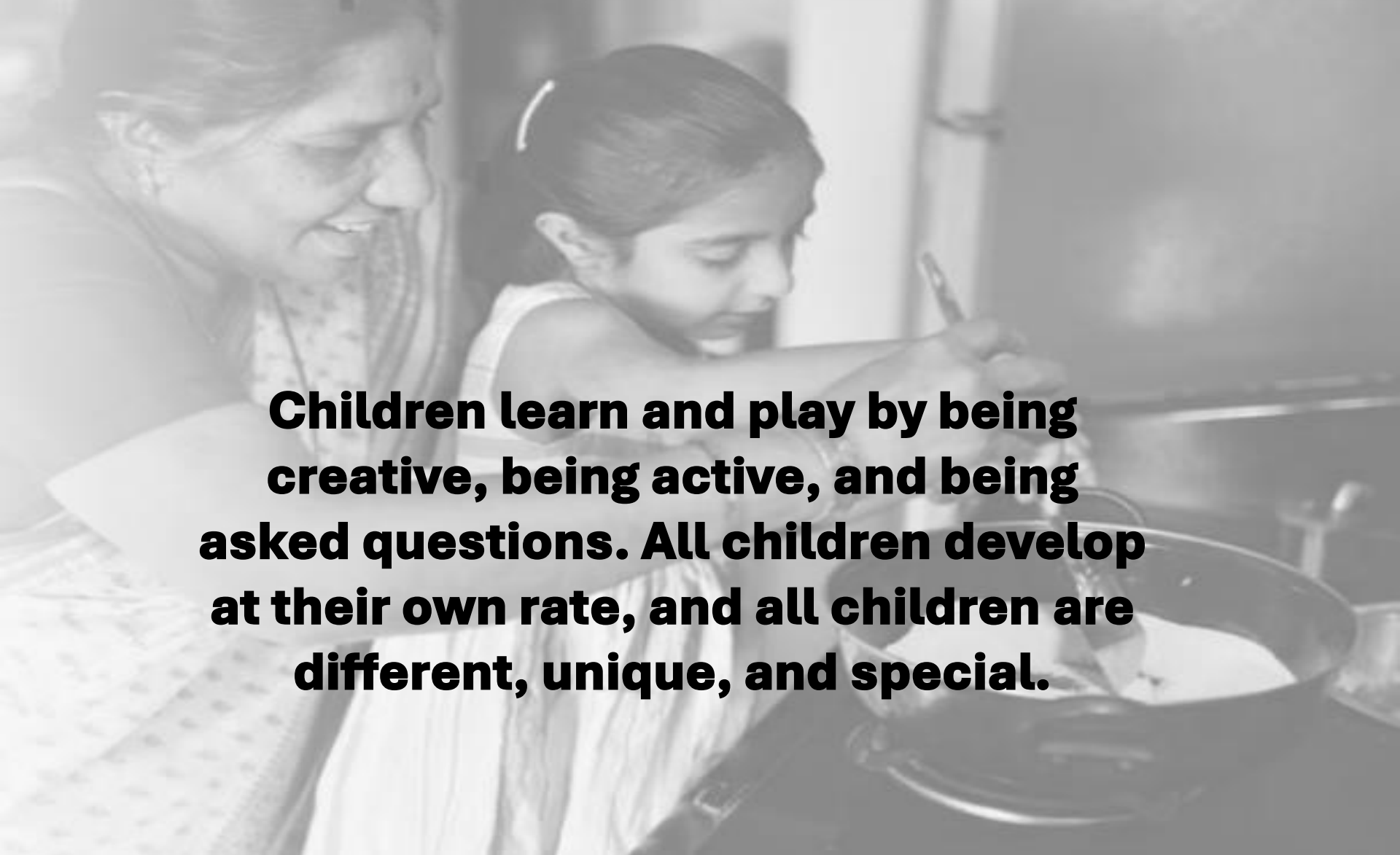


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**Welcome to your child starting
Reception in Bradford
We want to work in partnership
with you to make sure your
child feels happy, cared for,
safe, and ready to learn.**



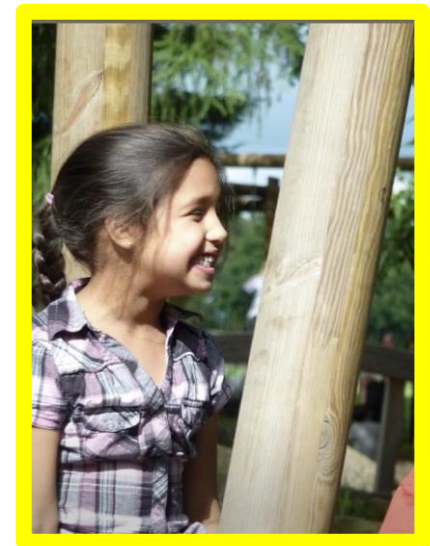


Children learn and play by being creative, being active, and being asked questions. All children develop at their own rate, and all children are different, unique, and special.



The 4 basic skills to practise before your child starts school

1. Growing independence
2. Building relationships and communicating
3. Physical development
4. Healthy routines



I am practising these skills when...

- I am curious.
- I know when I am happy, sad or cross.
- I like it when you praise me.
- I like to make my own choices..
- I can play with other children.



Home/School Partnership

At home, I need to learn:

- About routines
- Self-care
- How to use the toilet
- Become independent
- Being active in the outdoors
- Speaking, listening, and taking turns
- Listen to stories and songs
- Follow simple instructions

At School, I will learn

- School routines
- Use the classroom independently and make choices
- Play indoors and outside, sing songs, play games, share stories and enjoy learning across the 7 areas of the Early Years Foundation Stage Framework



Tips for parents

Growing Independence

Play, creativity and curiosity

- Taking part in imaginative play (e.g. role play)
- Drawing, painting, colouring and sticking
- Sharing story books with caregivers, looking at pictures and talking about the characters
- Exploring the world around them (e.g. looking closely at the natural world or playing safely with objects at home)

Taking care of themselves

- Putting on/taking off their coat and shoes
- Using the toilet and washing their hands
- Getting dressed with little help, e.g. after using the toilet or doing PE
- Using cutlery (e.g. fork and spoon, chopsticks) and drinking from an open cup
- Spending time away from you, learning they can be looked after by caring adults



Tips for parents

Building Relationships and Communicating

Being with others

- Practising sharing and taking turns with toys
- Talking to them about how they are feeling and why
- Looking at story books together and speaking about what characters are feeling is a good way to do this
- Beginning to recognise what others are feeling, e.g. understanding if a friend is sad
- Encouraging them to set boundaries for themselves and others (e.g. knowing how to say 'no')

Communication and language

- Singing along with songs and nursery rhymes
- Talking happily to others about activities, experiences and the world around them
- Showing they need help by speaking clearly (in basic English or sign language)
- Recognising the pattern of their name (so they can find it on their coat peg or jacket)

Listening and engaging

- Paying attention for short periods of time
- Listening to and following simple instructions
- Carrying on with a task even when it's difficult and bouncing back if things go wrong



Tips for parents

Physical Development

Getting moving for at least three hours a day

- Walking up and down steps (one foot at a time, using the wall for support)
- Climbing, running, jumping and playing
- Catching a large ball (most of the time)
- Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking
- Getting outdoors as much as possible



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Tips for parents

Healthy Routines

- Going to bed around the same time each night, waking up in time to get ready for school
- Limiting screen time to the recommended daily amounts (see advice)
- Eating a healthy diet and trying new foods
- Brushing their teeth with fluoride toothpaste twice a day (you'll need to supervise this until they are at least 7)



Top tips for toilet training



Scan me →



Language and listening



01:47

Scan me →



What if my child has additional needs?

- If your child needs additional support to settle into Reception, make sure you share as much information as possible with their new teacher. They can work with you to find strategies to support your child.
- Summer born children, or those speaking English as an additional language (EAL) may need more support.
- If you know or suspect your child has special educational needs (SEND), developmental differences or delays, some of these skills may not be achievable for them at this point.
- Early intervention makes a big difference – ask your child's nursery, school, health visitor, local children's centre or Family Hub for help.

Who can I speak to for help?

All children will need help from their trusted adults so they can feel confident and excited about starting Reception.

- Your childminder/nursery/pre-school team or your health visitor, children's centre or family hub can help if you need more information.
- We've also put together a list of organisations and resources further down to help you and your child get ready together.



Websites

Talking
Bradford
pathway for
parents

QR Code



Families
SEND
Support
Team -
SEND
Programmes
and Portage



Guidance on Screen Time for Children

Information for parents

Screen time is time spent using an electronic device such as a computer, tablet, games console or smartphone.

Research indicates that screen time impacts on children's vision and visual development.

Screen time can change the shape of the eye. This may result in your child needing glasses and developing dry eyes.

Playing outside gives the eyes a chance to relax and reduces the likelihood of developing a need for glasses.

Daily screen time recommendations:

Child's age	Recommended time
0 - 2 years	None
2 - 5 years	One hour
5 - 12 years	Two hours

This includes time spent doing school work



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A parent's guide to screen time

SCREENS. IT'S WHAT'S ON THEM THAT COUNTS.

Screen time for kids

A collection of tips and advice on how to make the most of screen time with your children. How much screen time should kids have? How can kids use devices for learning?



Children's screen time: Ways devices can be good for preschoolers' learning

Speech and language therapist Alys Mathers outlines ways to make screen time good for children's learning.

1. Connect with your kids by sparking conversation about what they're watching
2. Use screen-time as a tool to navigate large, difficult conversations
3. Setting boundaries and limits together can make rule-following easier for everyone
4. Use screen-time regularly and moderately to help kids develop a healthy routine
5. Find content that has your kid's best interests at heart
6. Pick playful, digital learning resources
7. Create positive memories with loved screen-time treats
8. Encourage children's digital interests to spark a lifetime of curiosity
9. Develop children's emotional intelligence with powerful screen story-telling
10. Find content with positive, diverse and inclusive representation to help all children feel understood and succeed

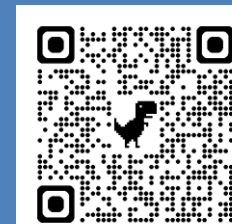
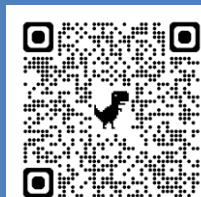


Social Media

- If you're experiencing any problems or concerns related to school, please come talk to us directly. We're here to support and help you work through any issues you may face.
- We kindly ask that you avoid venting on social media. While it might feel like a quick outlet, it won't resolve the situation—in fact, it can often make things more complicated and harder to fix.



Scan the QR codes to access useful websites



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