

# Starting Reception

Your child's journey to school starts at home  
**We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.**

There are key skills\* that schools expect children to be learning before their first day. Practising these will make your child's journey to Reception positive as possible.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school.



We are calling this document the 'Starting Reception' definition. Some people/organisations refer to this as 'school readiness'.

## How can I help my child get ready?

- Your child will have lots of new activities and routines to get used to when they start school. There are some things they'll need to do more independently than they might have before.
- Research shows that a child's relationship with their parents is the most important factor in their development, and there's a lot you can do at home.
- When your child is at home with you or another caregiver, you can practise as a family with fun activities (we've included links at the end of this resource).
- Some of these skills take time to master, so it's good to introduce them gradually as part of your daily routine.



### Find out more

For more information on how to help your child get ready for reception, and for information on supporting children with additional needs, scan the QR code or visit <https://startingreception.co.uk>.