

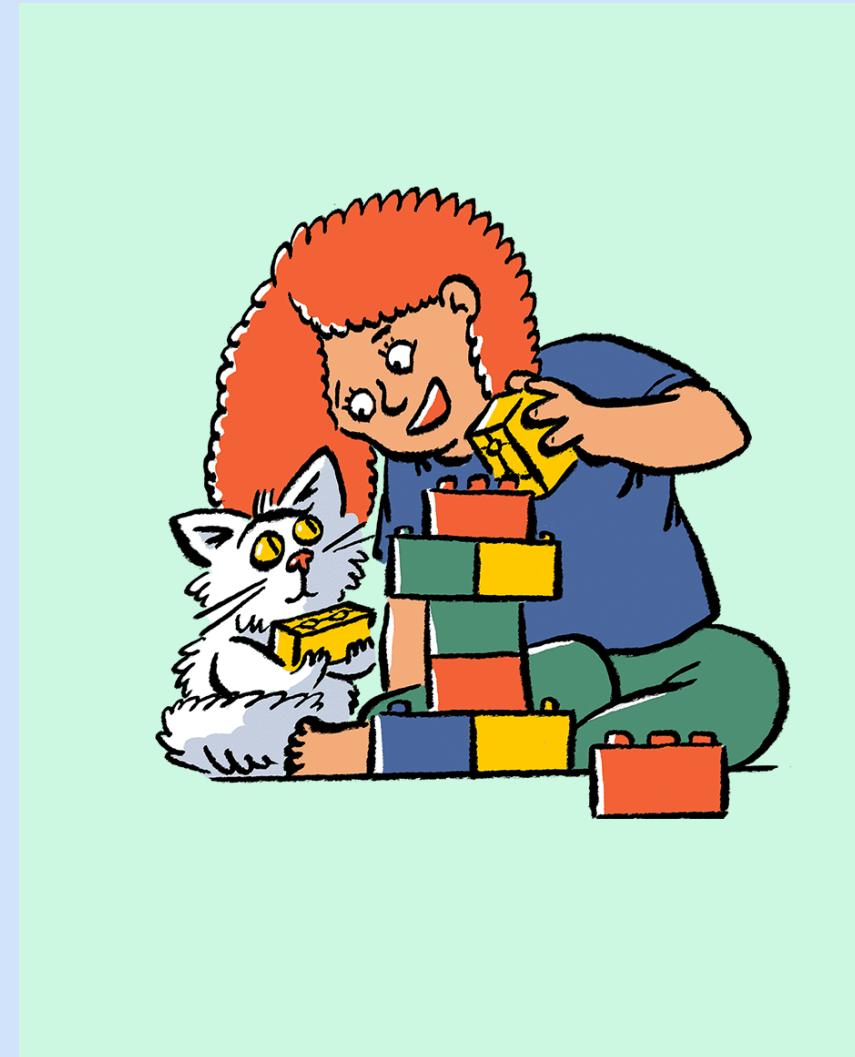
Startingreception.co.uk

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CEO Kindred²



Why Starting Reception?

-  **School readiness survey:** 25% start not toilet trained; 33% can't feed or dress independently
-  **Impact is huge:** 2.5 hours of teaching time lost every day and it affects every child
-  **Lack of shared understanding:** 9 out of 10 parents say their child is 'ready'; teachers say it's closer to half
-  Nearly half of parents think children aren't ready because parents don't think it's their job
-  National squeamishness about talking about parenting and there's no single definition, leaving parents in the dark



‘Starting reception’ not ‘school readiness’?

- Decision taken by the coalition of authoring organisations
- Confusion between the *destination* of starting reception with the *journey* of child development which is rooted in strong, loving attachments from birth and powered by joyful play
- Plethora of different definitions – we need a single, simple, national definition that parents can trust as a guide and the whole sector can work with



This definition was created collaboratively by:



Confederation
of School Trusts



The Children's Society & Brookline Charity



The definition: skills to practise before starting Reception:

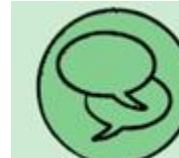
We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.

There'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.

New skills take time to learn. Practising at home will help your child move into school more easily and with confidence.



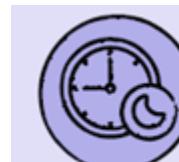
Growing independence



Building relationships and communicating



Physical development



Healthy routines

The definition: skills to practise before starting Reception:

Useful links:

Growing independence

- [Check out Parentkind's online advice hub and magazine for parents 'Be School Ready'](#)
- [Enjoy Family Corner's 5 tips to help your child get ready for Reception](#)
- [Guidance for parents and practitioners - PACEY](#)
- [Download the free EasyPeasy mobile app for tips and activities to support everyday parenting moments](#)

Taking care of themselves

- [How can you make separating easier? - Family Corner](#)
- [Getting dressed and ready for the day - backward chaining information sheet - NHS](#)
- [Getting ready for the Day – BBC](#)

Toilet training

- [The Institute of Health Visiting has advice and tips on toilet training](#)
- [Simple and supportive toilet training advice - ERIC](#)
- [Potty training and bedwetting - NHS](#)
- [Pants4School - Down Syndrome UK](#)

Playing, creativity and curiosity

- [5 steps for brain building through serve and return - Center on the Developing Child at Harvard University](#)
- [How to follow a child's interest in play - National Literacy Trust](#)
- [How to role play with your child - Pretend role play - BBC](#)
- [How to role play with your child - Playing pretend animals - BBC](#)
- [Fire up their imagination with drawing - BBC](#)
- [What is mark-making and why is it important for learning? - PACEY](#)
- [Sharing story books on World Book Day - BBC](#)
- [Nature activities for children - BBC](#)
- [Learning and having fun on the bus - BBC](#)
- [Play a game of 'What's that sound?' - BBC](#)



Growing independence



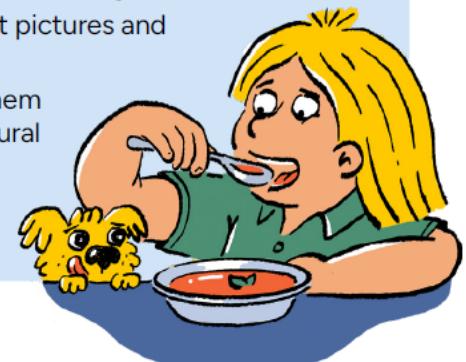
Growing independence

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

Play, creativity and curiosity

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



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



The definition: skills to practise before starting Reception:

Useful links:

Building relationships and communicating

- [The Royal Foundation Centre for Early Childhood's Shaping Us Framework outlines how these skills develop in early childhood](#)
- [Top tips for enjoying stories together and book recommendations for starting school - Book Trust](#)

Being with others

- [Learn how to support your child to make friends - Family Corner](#)
- [Understand your child's social development - Words for Life](#)
- [Practice sharing with toys - BBC](#)

Communication and language

- [You are your child's first teacher – help them learn how to write their name - Words for Life](#)
- [Explore a range of approaches to language learning and development from NHS Start for Life](#)
- [Build your child's imagination and language by making up stories together - BBC](#)
- [Child's Progress checker - Speech & Language UK](#)

Listening and engaging

- [Follow the walk and talk trail with the National Literacy Trust](#)
- [Practice language and listening skills at home with these games - Playing with a cardboard telescope - BBC](#)
- [Practice language and listening skills at home with these games - Red Light, Green Light - BBC](#)

The definition: skills to practise before starting Reception:

Useful links:

Physical development

- [Getting moving for 3 hours a day - NHS](#)
- [Support your child to be a Healthy Mover - Youth Sport Trust](#)
- [What is core strength and why is it important for children? - Department for Education](#)
- [Fun games to get them moving - BBC](#)

Physical development

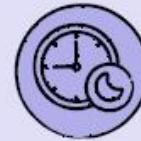
Getting moving for at least three hours a day

- 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



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)



Useful links:

Understand what 'healthy' levels of screen time are, by age

- [World Health Organization guidance](#)
- [Health Professionals for Safer Screens poster](#)

Get insights on internet safety, how screen use impacts young children and recommended screen time: [Help for early years providers: Internet safety](#)

And for those with younger children, the NCT covers advice for babies and toddlers too: [Screen time for babies and toddlers – NCT](#)

Brushing teeth

- [Toothbrushing SOS with the singing dentist](#)

Help children build a strong relationship with food and make the right choices from the start

- [Nutrition guidance - Department for Education](#)
- [Healthier families - NHS](#)
- [Five tips for helping your kids to eat healthily all year round - BBC](#)
- [Eating Well - First Steps Nutrition Trust](#)
- [Factsheet for healthy children's diets - Association of UK Dieticians](#)

Sleep guidance

- [Sleep and young children - NHS](#)
- [Struggling to get children to sleep: How to establish a bedtime routine - BBC](#)

What should I do if I have concerns about my child's development?



If you're worried about your child's progress, talk to your childminder/nursery/pre-school team, health visitor, local children's centre or Family Hub.

If your child has developmental delays or SEND (suspected or confirmed), speak to their nursery, childminder, or health visitor/nursery/pre-school team well before they start Reception and discuss their needs when you are selecting schools.

Make sure you share important information with everyone supporting your child, including their new Reception teacher.

You can work with your child's early years setting to help your child with self-care, managing emotions, social skills, and communication in a way that suits their stage of development.

You might want to share details about their development, needs, what motivates them, what might trigger difficulties, how they learn best, and what strategies work well.

Resources for families with additional needs

There are many organisations who can support with information and strategies to prepare you, your child and their educational setting, ensuring a smooth transition and setting them up for future success.

These include:

- [Family Lives](#)
- [Speech and Language UK](#)
- [Dingley's Promise](#)
- [KIDS](#)



Find out more

For more information, visit
<https://startingreception.co.uk>



Starting Reception: your child's journey to school starts at home...but we have to start somewhere!

- The website sets out simple steps for making it your own and **adding your own logo**
- A **printable PDF version** is available to print and distribute
- Button on the website translates into eight languages – more to come
- Please let us know if you are using this resource – and how!

contact@startingreception.co.uk

Please tell us how you are using the definition!

Tracking take-up really matters – we want to reach the tipping point asap.

And sign up for ***The Sequel: Potty Training!***

Starting Reception

Keep in touch

Leave your contact details so that you can stay up-to-date with Starting Reception.

Contact name:

Contact email:

Organisation name:

Region

Postcode



Kindred²

