

# Activities to do with your child before Reception

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Here are some things you can do with your child at home over the coming weeks to help make sure they are ready to start Reception.

If you have any questions about these activities, get in touch – our contact details are at the end.

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## **To help your child develop independence, get them used to doing the following at home:**

- › Getting dressed independently every day – practise closing buttons, putting on socks and shoes on the right feet, putting coat on and zipping up
  - › Going to the toilet and wiping their bottom on their own – simple clothing like elasticated waistbands are easier to get on and off
  - › Cutting food using a 'real' knife and fork
  - › Tidying up their toys and doing simple household chores – giving them responsibilities will help them to become more independent
  - › Helping them to recognise their name in writing and consistently respond to it verbally. Create a coat and shoe peg at home with their name on it to help get them used to having something similar at school – it seems like a simple thing but it will help when we ask your child to go and fetch their coat!
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## **You can practise some of these activities with your child at home, to help make sure they develop the same skills and feel more ready when reception starts:**

- › Do turn-taking activities such as playing with a toy – this helps them to get used to taking turns and also to understand the concept of sharing
  - › Get your child used to eating with others even if it's just a snack
  - › Lots of the learning in Reception happens through play. Get down onto the carpet so you are at their level and enjoy some play with your child. Follow their lead with what they are doing or how they are playing. Then, try to get them to follow your lead. You can also create games together. This will help them to get used to playing and engaging with other children
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### **Practise Literacy skills at home**

- Read stories every day with your child
- Encourage them to join in with familiar stories, for example when reading *The Three Little Pigs*, encourage your child to join in with the character's repeating lines such as "I'll huff and I'll puff and I'll blow the house down"
- Ask questions about the story as you read, encouraging them to talk about what has happened in the story and to predict what might happen next
- Run your finger under the words as you read, teaching children that we read from left to right and that the information is coming from this writing
- Help children to recognise their name and other words such as logos and signs

### **Practise simple Phonics in everyday settings:**

- Recognise sounds and words in the environment around you to help your child hear the initial sound in words i.e. Look at that c-c-cat
- Segment sounds in words orally while doing your usual daily routine – e.g. Get your c-oa-t on, where is your b-a-g?
- Play I spy but sound out the word and see if your child can blend it – e.g. I spy with my little eye a d-o-g
- Explore rhyming words
- Watch Alphablocks (available on iplayer and YouTube) to help children to enjoy learning sounds, segmenting words and blending them together

### **Practise Numeracy in everyday settings:**

- Count objects every day. For example, count out knives and forks for the dinner table, count apples into the fruit bowl and count the stairs on the way to bed.
- Sing number songs, such as *Ten Green Bottles* and *Five Currant Buns*. These songs also support the concept of one more/one less and help children to begin to count backwards
- Look for numerals in the environment and help children to recognise them, for example numbers on telephones, remote controls, car number plates and door numbers.
- Play board games, helping children to recognise numerals or count the dots on the dice and use their counter to count on from the previous space (This activity will also help with their turn taking skills).
- You may like to watch *Numberblocks* episodes together (also available on iplayer and YouTube)

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**Routine and consistency helps children to adapt and this will help ease the transition into reception. About 4 weeks before the start of reception, try to set a morning routine with your child. You can start with small steps and gradually add to the routine:**

- Get up at the same time every day and have breakfast
- Get dressed up in the school uniform and put on 'school' shoes

- Prepare a 'school lunch box' – you can choose one together if you don't have one yet
  - Look up the route to school and if it is walking distance try it out – point to the school and tell your child they will be going there soon. Remind them of the photos/videos of the teacher, play area and classroom we've shared with you so they can piece it together
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## **If you need to contact the school**

Please contact the school if you have any further questions. You can contact us by calling 01992 715567 or send an email to [admin@upshire.essex.sch.uk](mailto:admin@upshire.essex.sch.uk).