



Ready, Steady, Reception!

Personal, Social & Emotional Skills

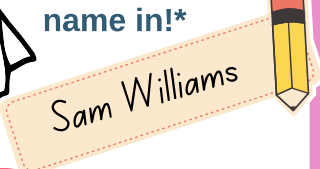
Know that their belongings are their own responsibility

Remind your child what they need to take with them and what they need to bring back.

SUPER IMPORTANT!
Make sure all your child's belongings **have their name in!***

Show your child where the name label is in their clothes, so that they know where to look.

Involve your child in choosing their bag, shoes and coat etc. so they know what they are looking out for.



Encourage your child to get their own belongings ready for school or nursery, including packing their own bag...



Show your child how **you** look after your own belongings, so they can copy.

*This will also help others know what to look for if anything gets lost!

Explain to your child that everyone's uniform will look the same so it is important to keep theirs somewhere safe.



These are some things your child might do with their Early Years practitioner. Help your child succeed by also practising them at home!



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Leave their parent or carer and know they will come back

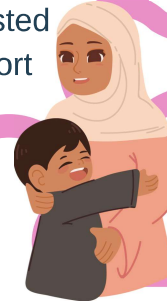
Some parents find a 'hug button' can help their child feel happier when they are away from them. This is an example!



Make sure your child attends all the stay & play or transition events that the Reception class provides.



If your child has never been away from you let them spend time with a different trusted adult, for short periods.



Try having a picture timetable at home, so your child understands the routine of going to school.



Talk about your child's new teacher with them and make sure they know their name. Explain that the teacher is there to look after them.



Read some stories together about what it is like going to school. Try these!

Clearly explain to your child that they will be at school with other children, but you will always collect them at the end of the day.



Always try to talk about school in a positive way, try not to dwell on the idea of being scared or nervous.



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Play with things safely and without breaking them

Talk to your child about having 'kind hands' or use a different term that they are familiar with.



Use positive reminders to help your child to stay safe. For example, say 'Walk please,' instead of 'Don't run.'



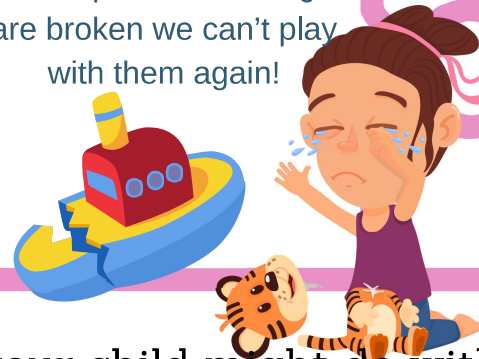
If you can, have a range of resources that children can play with in different ways. Some for boisterous play and some that need a gentle touch!



If you are able, allow your child to buy a small toy with some pocket money. Talk to them about looking after things we have bought.



Talk to your child about actions having consequences. If things are broken we can't play with them again!



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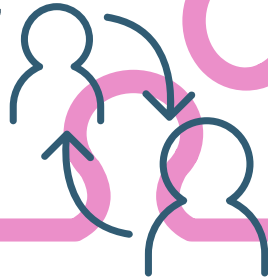


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Wait their turn and take turns with others

Be clear with your child about **when** they will have a turn eg. "I will go first and you will be after me"



Play some simple physical games that involve taking turns, like catch or playing on a see-saw.



Explain to your child why we sometimes need to wait. Nobody enjoys it but it can help make things fair!



Encourage your child to wait with you for short periods, such as in shops.



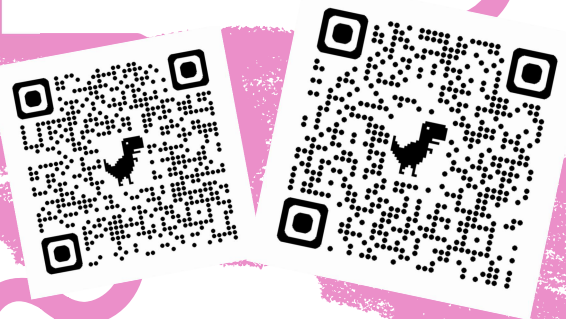
If your child is ready, try simple turn taking board or card games like Snap or Pairs.



Try using a sand timer or stopwatch so your child knows when their turn will be.



Look at some stories about waiting your turn. Try these!



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Help tidy up and put things away



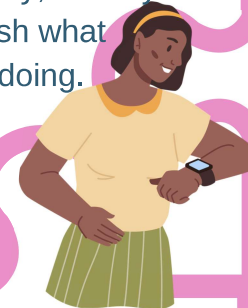
Give your child a clear task. For example 'You put the jigsaw away and I will tidy the dolls.'



Make tidying up a challenge or a game! Who can put the most things away in 2 minutes??



Give your child a 5 minute time check before it is time to pack away, so they have time to finish what they were doing.



Make tidying away an expectation, before your child can get the next toys out.



Praise your child when they help to tidy up! Tell them exactly **why** you are pleased with them.

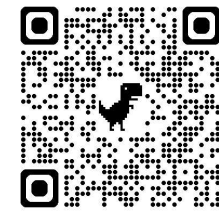


Put labels or pictures on boxes, if possible, so your child knows where things go.

Try having a special tidying responsibility for your child that they help with every day, so they feel they are 'in charge' of that activity.



Play a song that tells your child that it's time to tidy away. Try this one!



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Use words to tell you how they feel

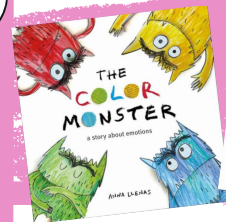
Talk to your child about what to do when they feel a strong emotion.



Try not to jump in and speak for your child... even if you know what they are about to say!



The Colour Monster story can help children to explain how they feel. You can buy the book, or watch it online.



Label the emotions that your child shows. eg. 'I think you are sad because you are crying' or 'You are shouting and stamping, that tells me you are angry.'



Encourage your child to talk to an adult when they are feeling sad or worried. Explain that the adults are there to help them.



If your child answers a question by pointing or shrugging, encourage them to say the word aloud.



Apple, please.

If you have older children, remind them not to talk **for** your younger child, and to help them express their own needs.



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No longer use a dummy or bottle

Gradually reduce the time your child has a dummy. Stop bringing it for the end of nursery, then stop it before bed, then stop altogether!



See if your Early Years setting has a 'Dummy Dump' or an amnesty box for your child to pop their dummy in.



Encourage your child to use an open cup when drinking at home.



Talk to your child about what their school day will look like - there won't be time for a bottle or dummy!



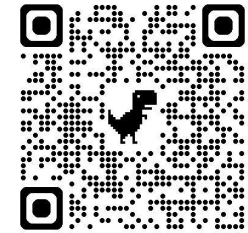
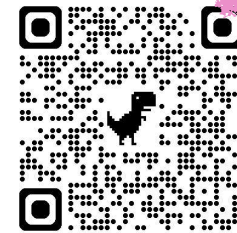
Get your child involved in making drinks so they are excited to use a cup or mug.



Have a special treat or celebration when you manage to 'bin the bottle'!



Read some books or watch videos with your child about not needing a dummy or bottle any more.



Try these!

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Have a consistent and structured bedtime

Try really hard not to have changes or disruptions to your child's bedtime routine.



Have a visual timetable of what your bedtime routine looks like, and stick to it!



Use bedtime as a chance to bond and talk about the day with your child.



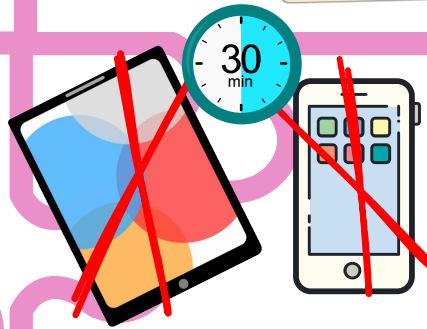
Talk to your child about what to do if they can't sleep.



Explain that we need lots of sleep so we have energy to play and learn!



Try not to use screens for half an hour before they go to bed, if possible.



Give children choices in their bedtime routine, so that they feel a part of it. Which pyjamas do you want to wear? Which story?



Read a story to your child when they are in bed, to help them wind down.



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