



Ready, Steady, Reception!

Parents and Carers, help your child have the best start to their Reception year by working on these key skills at home.

Personal, Social and Emotional Skills

No longer use a dummy or bottle



Have a consistent, structured bedtime

Use words to tell you how I feel

Help tidy up and put things back

Wait my turn and take turns with others

Play with things safely and without breaking them

Know that my belongings are my responsibility

Leave my parent or carer and know they are coming back



Language & Listening Skills

Make a choice using my words

Talk about myself using 'I' rather than 'me'

Listen to a story from a book for a short period of time

Sit still on the carpet or floor and listen while others are talking

Follow simple instructions given by an adult

Recognise my written name

Know and sing along to nursery rhymes

Listen to and identify sounds around me



Physical Skills

Be able to dress and undress myself: shoes, socks, trousers, coats, jumpers, t-shirts, tights, zips & buttons

Be able to open my lunchbox or bag and open my food packaging

Have an effective pencil grip

Go to the toilet independently: wipe myself, pull my clothes back up, flush the toilet & wash my hands



Be independent at mealtimes: drink from an open cup, feed myself using cutlery, cut up my food with a knife and fork, carry a plate or tray.

Wipe my nose with a tissue then throw it away.

Hang my coat and bag on a peg

Line up one behind the other and walk in a line.

