

'Enjoy, Achieve, Succeed Together'

BURFORD SCHOOL



Burford School & Nursery

Activities to do with your child before Reception

We know the beginning of school can feel scary for you and your child. These are also different times and the uncertainty of lockdown means you might be worrying that your child will not be ready for Reception. There is no need to be concerned – we are here to help.

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

We are not expecting you to become Reception teachers and we understand that not everyone will find the time to do all of these activities – that's fine. Try to fit them where possible into your daily routines. Whatever happens, we will support them when they start.

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

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 correct 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 to 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'll help when we ask your child to go and fetch their coat!

You can practise some of the activities your child would have done in early years in your own 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 and also create games together. This will help them to get used to playing and engaging with other children.

Practise basic phonics in everyday settings:

- Recognise sounds and words in the environment around you to help your child hear the initial sound in words – e.g. look at that t-ree, first sound 't'
- 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

If you want to get started on basic numeracy skills, CBeebies has a brilliant resource called Numberblocks.

Routine and consistency helps children to adapt and this will help ease the transition into Reception. A few 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's 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 have shared with you so they can piece it together

If you need to contact the school:

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