

Supporting Transition to Reception

Parents and carers

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School websites	Explore your child's school website. You will be able to find information about usual daily routines, curriculum and school uniforms. You will also be able to find contact details for the school here should you need them.
Visit the school	Take a walk or drive to the school. You may not be able to go inside at the moment but exploring the route and talking to children about where the school is and who will be taking them there each day can really help children to understand and start to get excited about it.
Talk about change	For some children starting school can be a very worrying and frightening time. Talk to your child about times when things have changed, if you have ever moved house for example or when they first went to a friend or relatives house. Some children will need lots of reassurance that this is a new experience but an exciting one.
Online resources	There are lots of lovely resources available online to support you and your child as you prepare for reception. CBBC is a great place to find videos, stories and activities about starting school: https://www.bbc.co.uk/cbeebies/watch/topsy-tim-top-tips-school?collection=starting-school-curation
Support independence	Encourage your child to start doing things for themselves as much as possible. If your child can use the toilet, wash their hands, wipe their nose and put on their own coat and shoes by themselves this will be a great help to them as they start school and become more independent.