

Parent Guide



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We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

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What is this resource and how do I use it?

This resource provides some tips on how to help your child develop their independence and other skills to help them in their transition to reception. You'll also find links to resources to help them every step of the way.

What is the focus of this resource?

School Readiness

Developing Independence

Growth Mindset

Further Ideas and Suggestions

Starting school can be a difficult time for parents as well as children, so make sure you look after yourself as well as your child. We've got some great wellbeing resources for **adults** and **children** to help with this on the **Parents Hub**.

Parents Blog



Parenting Wiki



Parenting Podcast



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Parents
Hub

Starting School: Top Tips for Developing Independence

This guide has a list of tips that will help you and your child develop the skills they'll need to feel comfortable and confident when they start school. It's not a definitive list and children all develop at different stages, so don't worry if there are some things here your child has yet to master. If you have any concerns, speak to your child's teacher.

Physical Independence



Getting Dressed

During the school day, children will be required to put on and take off their jackets, jumpers and, sometimes, shoes. They will also need to keep track of gloves, hats and other items of clothing. **Dressing dolls** and plushies are a fun way to encourage children to practise this skill - a little reward never hurts either!

Going to the Toilet

It's important that your child feels confident to go to the toilet on their own before they start reception because teachers won't be able to leave the classroom to help. This includes taking off and putting on their trousers as well as washing and drying their hands. Gentle reminders about the **step-by-step process** always work well, as does lots of practice!

Washing Hands



We all know washing hands properly is very important but instead of just telling children this, **show them** so they understand why. This will help them remember, along with an engaging and **colourful reminder poster** displayed near the sink.

Eating Lunch

If packets are difficult to open or the food is hard to eat, then lunchtime can be stressful for overwhelmed little ones. Keep food simple and easy to open - tasty but full of goodness. Here are some ideas for simple (to make and eat) lunchbox **ideas**.



Gross Motor Skills



This term refers to movements that involve large muscles such as running, kicking, catching and doing cartwheels - all the good stuff! **Developing these skills** can be **fun** and will make little bodies strong and agile.

Concentration

Following Instructions

Teachers will give children instructions all day, from lining up for lunch to how to hold a pencil. **Drawing activities** are a great way to practise this skill - and they're fun!

Listening Carefully

Developing your child's auditory skills is the best way for them to learn to listen carefully to those around them. **Take it outside** for extra engagement!

Starting School: Top Tips for Developing Independence

Social Skills

Introducing Themselves

Learning what to say in social situations is a real skill. If children have a few questions to fall back on, this can help them feel more confident. Social anxiety is not fun so **understanding what to say** when meeting new people can help children overcome this.

Speaking to Others

It can be daunting for young people to ask for help or have conversations with people who they have just met - both adults and children. These **Ask for Help Phrases** have been developed in partnership with The Eddie Series and will arm little ones with the tools they need

Turn-Taking

This can be a tricky one for littlies to master but one of the best ways to help them with this skill is to play lots of **board games**. To top it off, they're lots of fun!

Making Friends

There are lots of things that go into making a good friendship. Use this **Friendship Recipe** to discuss these with your child. **Reminders** can help too.



Literacy and Numeracy

Pencil Control

Holding a pencil correctly is an important step in your child's journey to writing. Encourage your child to develop these skills with some **fun worksheets**.

Writing Their Name

This is usually the first place children start when writing. If your child has a long name, feel free to shorten it for them! Try some engaging **activities** to help with this.



Counting to Ten

When it comes to counting, the secret is to keep it fun. Use lots of physical items so children can visualise amounts. **Numeracy games** and **puzzles** are great too.

Disclaimer - This resource is provided for informational and educational purposes only. You must ensure that an adequate risk assessment is carried out prior to using this resource. It is your responsibility to ensure that the information/activity this resource contains are safe and appropriate to use in your situation.