

For more great ideas...



**50 Things to do Before You're Five** is a mobile app that gives parents and carers 50 fantastic experiences to share with their children to help develop their confidence, language and vocabulary and to support them in being ready for the next stage in their education.

The 50 activities are low or no cost experiences that include indoor, outdoor, seasonal, home-based, and out-and-about activities that are not only fun but will get your child off to a flying start with their learning and language development.

Cambridgeshire parents/carers can download the app from the [Apple App Store](#), [Google Play](#).

For example:

- Find recipes for messy play in the activity "The Rough and the Smooth"
- There are links to counting songs in "Rhyme Time"
- Find healthy recipes to make and share in "Yummy Picnic"
- Find links to local parks and playgrounds in "Hop, skip and jump".

## Further help and support...

If you are concerned about your child's readiness to start in reception, please speak to their key person at their Early Years Setting or to your Health Visitor for advice and support. You can contact your Health Visitor by calling 0300 029 5050 or texting 07520 649 887.

Supporting your child's speech and communication development – ideas from Cambridgeshire Children's Speech and Language Therapy.



The Healthy Child Programme offers advice in many areas including supporting your child with independence, toileting and sleep.

If your child has Special Educational Needs or Disabilities, or you are concerned that they might have, please visit the Cambridgeshire SEND Information Hub for advice and support.



This video from ChatHealth supports you in preparing your child to be ready for Reception.



A guide for parents and carers

# early years

## Helping your child to be ready to start school in Reception



There are lots of things you can do to help your child be ready to start at school. This leaflet has been designed to give you some ideas and top tips that might help.

The **Characteristics of Effective Learning** describe behaviours that children use to support them in their play and learning. To be ready to learn effectively at school, children should be encouraged to approach opportunities with curiosity, enthusiasm and determination. Below are suggestions of ways you can support your child to develop these effective learning behaviours:

### Playing and Exploring

Children investigate and experience things and 'have a go'

- ✓ Encourage your child to try new things, for example play with slime, gloop or ice. Talk to them about what they are seeing, hearing and feeling. Do they notice any change in the materials?
- ✓ Visit a local library and explore the range of books on offer. Borrow some favourites to enjoy at home together.
- ✓ Practise greeting and having conversations with new people – you could do this with dolls or teddies at home to start with.
- ✓ Sing counting songs together and go on a number hunt noticing numbers around your home or in the local area.
- ✓ Support your child to try a range of healthy foods – perhaps you could go to the shop and pick out some new and exciting fruits and vegetables to prepare and try together.

### Active Learning

Children concentrate and keep on trying if they encounter difficulties, and enjoy achievements

- ✓ Help your child to practise putting on their school uniform, including any buttons/fastenings, shoes and coats. Give lots of positive praise for perseverance and effort!
- ✓ Support your child to manage their own personal hygiene e.g., going to the toilet independently and tidying up after themselves.
- ✓ Play board games or card games that promote turn taking. Help your child to experience the emotions associated with not winning every time.
- ✓ Develop your child's muscles by encouraging them to be physically active every day – running, climbing, swinging, jumping, hopping, skipping.
- ✓ Bake or cook with your child, helping them to follow the recipe and keep focussed to achieve the end result!

### Creating and Thinking Critically

Children have and develop their own ideas, make links between ideas, and develop strategies for doing things

- ✓ Provide playful activities that are 'open-ended' and support your child to lead the play, for example Lego, junk models or den building.
- ✓ Prompt your child to solve problems by reminding them about previous experience - "can you remember how you solved this problem last time?".
- ✓ Help your child to recognise their own first name as they will see it a lot at school! There are lots of ways you could explore the shape and formation of the letters - with playdough, in damp sand, with brushes and water outside. Make connections with these letters in other everyday print they see for example in labels and signs.
- ✓ Look through some photos together of a recent trip, visit or holiday. Prompt your child to talk about the event "do you remember when...?".