

Road to Reception



Academies Trust



Top Tips for Parents and Carers

- 1. Engage with the school's transition process:** Visit the school before your child starts. There will always be opportunities for parents and children to visit prior to their start date. Even though your child may not remember where everything is, at least the journey to school and teachers will be more familiar on their first day.
- 2. Be prepared:** Be prepared the night before school; get uniform ready and help your child to pack their school bag as this will support their understanding of routines and the changes related to this.
- 3. Support independence:** Support your child to get dressed independently. It may be quicker and easier for you to get your child dressed, but it really supports your children's confidence and independence if they can manage this themselves. With access to the outdoors being part of your child's learning in EYFS, they will be taking their coat on and off multiple times throughout the day!
- 4. Show interest and provide encouragement:** Show a genuine interest in everything your child does, both in school and at home. Encourage them to talk to you about how they are feeling. Give them lots of praise, but there is no need to over praise - it is often better to show interest and encouragement. This will help them to feel confident and secure.
- 5. Have fun:** Starting school is an anxious time for all children. Having fun and playing with your child helps to alleviate some of the anxiety, and play helps children to manage new situations and develop social skills.
- 6. Co-regulation and supporting emotions:** Some children need support to manage their emotions. As a parent you can support this by tuning into your child's emotions and helping them to manage their impulses, anger or distress. If young children don't feel emotionally safe or aren't helped to self-regulate they can struggle to learn.
- 7. Talk to the teacher:** Make a point of talking to your child's teacher if you are worried about anything at all. The more information the teacher has the better they can support your child to learn. It's best to voice concerns early on even if you think that it's just a small thing. Regularly attend parents' evenings and school meetings - it shows your child and the school that you are interested in how everything is going.

Helpful Links



What to Expect in the Early Years Foundation Stage

This guide is for parents/carers of children from birth to five years old. It will help you find out more about your child's learning and development in the EYFS.



Starting School Toolkit

This toolkit is for parents, childcare professionals, and teachers to work together to help improve the transition process for children starting/returning to school.



BBC Tiny Happy People

Lots of great video clips of activities and information, filmed with families.



Family Hubs Network

Family Hubs ensure families with children aged 0-19 can access integrated early help to overcome difficulties and build stronger relationships.



Starting Primary School - Supporting Your Child



Preparing Children to Start Primary School

Advice on preparing your child to transition from nursery to primary school, including what skills to aim for and top tips for getting there.



The Effects of Social Media on Parents and Parenting

This highlights some of the negative effects of overusing social media and the impact it can have on both parents and children.



NHS - Best Start in Life

Welcome to Better Health - Start for Life. The place for trusted NHS advice and guidance to help you have a healthy and happy baby during pregnancy, birth and parenthood.