

The definition: skills to practise before starting Reception:

New skills take time to learn. Practising at home will help your child move into school more easily and with confidence.

Growing independence

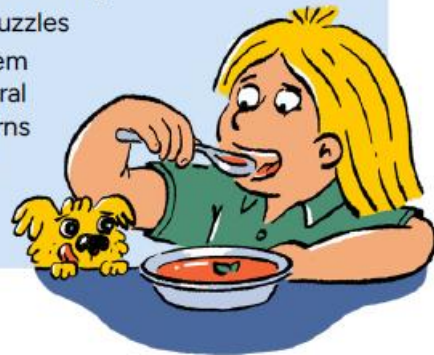


Taking care of themselves

- Putting on/taking off their coat and shoes
- Using the toilet and washing their hands
- Getting dressed with little help, e.g. after using the toilet or doing PE
- Using cutlery (e.g. fork and spoon, chopsticks) and drinking from an open cup
- Spending time away from you, learning they can be looked after by caring adults

Play, creativity and curiosity

- Taking part in imaginative play (e.g. role play)
- Drawing, painting, colouring and sticking
- Counting, building and doing puzzles
- Exploring the world around them (e.g. looking closely at the natural world, noticing numbers, patterns and shapes, playing safely with objects at home)



Peep LTP child development strands:

PSED: Personal, Social and Emotional Development

CL: Communication and Language

EL: Early Literacy

EM: Early Maths

HPD: Health and Physical Development

Peep topics that support **Growing independence**: *Taking care of themselves*

- HPD: Looking after 'me'
- PSED: Making the most of routines
- HPD: Exploring movement
- HPD: Making the most of food and mealtimes

Peep topics that support **Growing independence**: *Play, creativity and curiosity*:

- PSED: How children play
- CL: Imaginative play with puppets
- EL: Mark making
- EM: Mathematical adventures
- HPD: Making sense of the world



At school your child will be meeting lots of new people and make new friendships. Some things to help them get ready include:

Building relationships and communicating



Being with others

- Practising sharing and taking turns with toys
- Talking to them about **how** they are feeling and **why**
- Looking at story books together and speaking about what characters are feeling is a good way to do this
- Beginning to recognise what others are feeling, e.g. understanding if a friend is sad
- Encouraging them to set boundaries for themselves and others (e.g. knowing how to say 'no')

Communication and language

- Singing along with songs and nursery rhymes
- Talking happily to others about activities, experiences and the world around them
- Showing they need help by speaking clearly (in basic English or sign language)
- Recognising the pattern of their name (so they can find it on their coat peg or jacket)

Listening and engaging

- Paying attention for short periods of time
- Listening to and following simple instructions
- Carrying on with a task even when it's difficult and bouncing back if things go wrong



Overarching topic for all 3 areas of **Building relationships and communicating**:

- PSED: The importance of relationships

Peep topics that support Building relationships and communicating - Being with others:

- PSED: How children play
- PSED: Helping children to understand and manage their feelings
- PSED: Understanding and managing behaviour
- EL: Our world in books

Peep topics that support Building relationships and communicating - Communication and language:

- CL: Musical interactions
- CL: Talking and listening with children
- CL: Things to do and talk about together
- PSED: The importance of names

Peep topics that support Building relationships and communicating - Listening and engaging:

- CL: Becoming a good listener
- PSED: Helping children feel good about themselves
- PSED: The importance of support and encouragement
- EL: Sharing books with toddlers and young children



Physical development

Getting moving for at least three hours a day

- Walking up and down steps (one foot at a time, using the wall for support)
- Climbing, running, jumping and playing
- Catching a large ball (most of the time)
- Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking



Healthy routines

- Going to bed around the same time each night, waking up in time to get ready for school
- Limiting screen time to the recommended daily amounts (see advice)
- Eating a healthy diet and trying new foods
- Brushing their teeth with fluoride toothpaste twice a day (you'll need to supervise this until they are at least 7)



Peep topics that support **Physical development** - *Getting moving*

- HPD: Exploring movement
- HPD: Understanding our 'place in space' (spatial awareness)
- HPD: Developing balance and co-ordination
- HPD: Musical movement
- EL: Exploring writing through play
- EL: Becoming a writer

Peep topics that support **Healthy routines**:

- PSED: Making the most of routines
- CL: Making the most of technology
- EM: A sense of order
- HPD: Food for life
- HPD: Exploring food
- HPD: Looking after 'me'

