

# Helping my child be ready for Reception at Abbey



Simple ways to help your child feel confident and ready to start Reception at Abbey

## Independence & self-care



- Put on coat and shoes
- Use the toilet and wash hands
- Tidy away toys
- Carry their own book bag

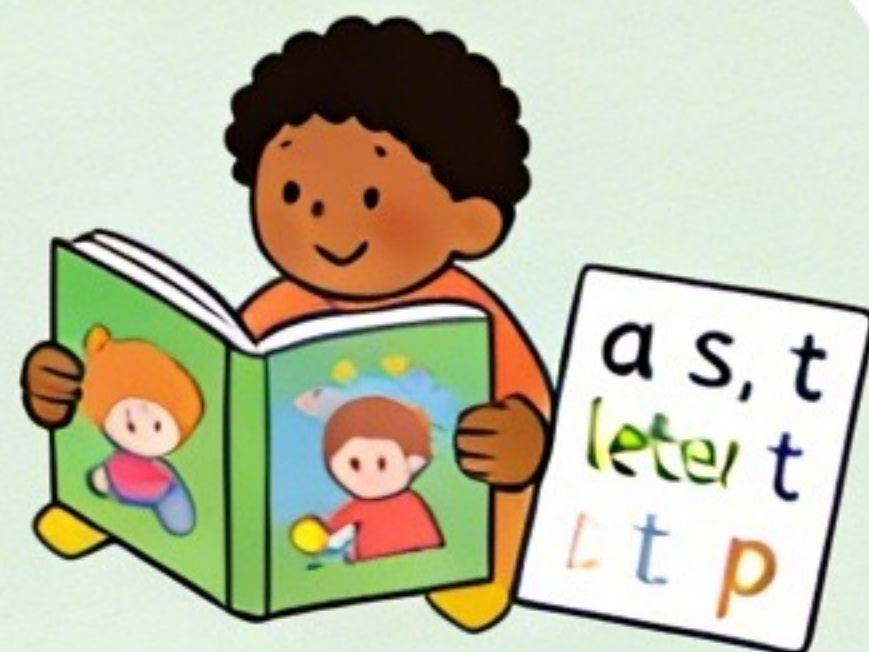
## Talking & listening



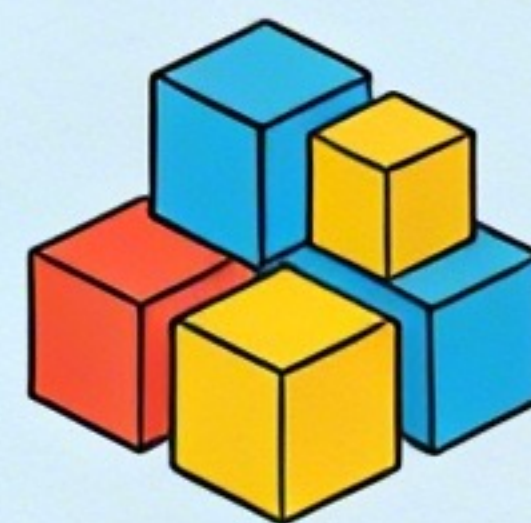
- Talk about your day
- Take turns in conversations
- Listen to simple instructions
- Ask and answer questions

## Early reading & phonics

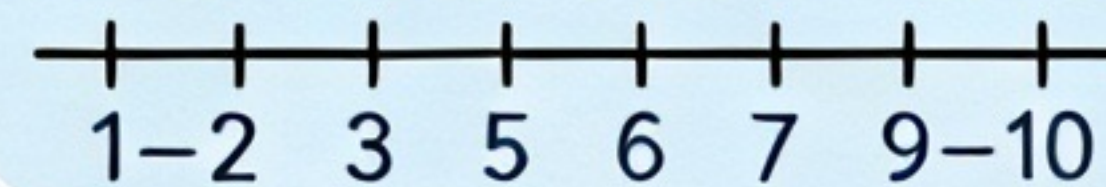
- Share stories every day
- Enjoy rhymes and songs
- Notice print in the world
- Recognise some sounds in words



## Early maths



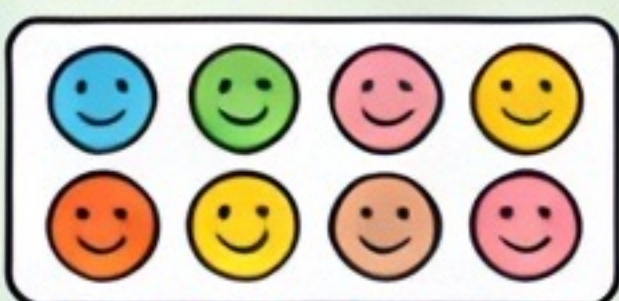
- Count objects in play
- Use words like more and fewer
- Notice shapes and patterns
- Talk about time in simple ways



## Social skills & feelings



- Take turns and share
- Play alongside other children
- Use kind words and gentle hands
- Name simple feelings (happy, sad, worried)



## Routines & school readiness

Get up, get dressed, breakfast, walk to school, School gates



- Keep a regular bedtime
- Practise the morning routine
- Talk positively about school
- Visit the school gates or walk past

# Nursery - Being with others

How we help nursery children learn to be with others



## 1 Sharing and taking turns

- Practising sharing toys
- Taking turns in games



## 2 Talking about feelings

- Talking about how they feel
- Helping them say why



## 3 Noticing others' feelings

- Beginning to recognise when a friend is sad
- Learning to care about others



## 4 Setting boundaries

- Knowing it is okay to say 'no'
- Respecting their own and others' space



## 5 Managing big emotions



Managing big feelings  
Finding ways to calm down



# Nursery - Communication and language

How we help children grow as confident communicators



**Singing along with songs and nursery rhymes**

Joining in with actions and repeated words



**2**

**Talking happily to others about activities, experiences and the world around them**

Sharing what they have done, seen and enjoyed

**3**

**Showing they need help by speaking clearly**

Using words to say when they are unsure or need support



**4**

I am playing with cars



Can I have more milk?

Can I have more milk?

Using longer sentences of about 4-6 words  
Putting words together to share clear ideas



**5**

**Recognising the pattern of their name**

Finding their own name on their coat peg or jacket



You can help at home by talking, singing and listening together every day.

# Nursery - Healthy routines



## Sleep routine



Go to bed at a similar time each night  
Wake up in time to get ready for school

## Screen time



Limit screen time to the recommended daily amounts

## Healthy eating



Enjoy a healthy, balanced diet  
Encourage your child to try new foods

## Tooth brushing



Brush teeth with fluoride toothpaste twice a day

# Nursery - listening and engaging

How we help your child build early listening and focus skills



## Paying attention for short periods of time

- Focusing on a short story
- Looking towards the speaker
- Noticing important sounds



## Listening to and following simple instructions

- ① Put the blocks in the box  
Sit back on the carpet
- ② Listening to adults and friends  
Understanding simple instructions  
Having a go by themselves

## Carrying on with a task even when it's difficult and bouncing back if things go wrong

- Keeping going with a task
- Trying again after a mistake
- Celebrating small successes



We work together with you to support your child's listening, attention and resilience every day.

# Nursery - Literacy



## Writing letters



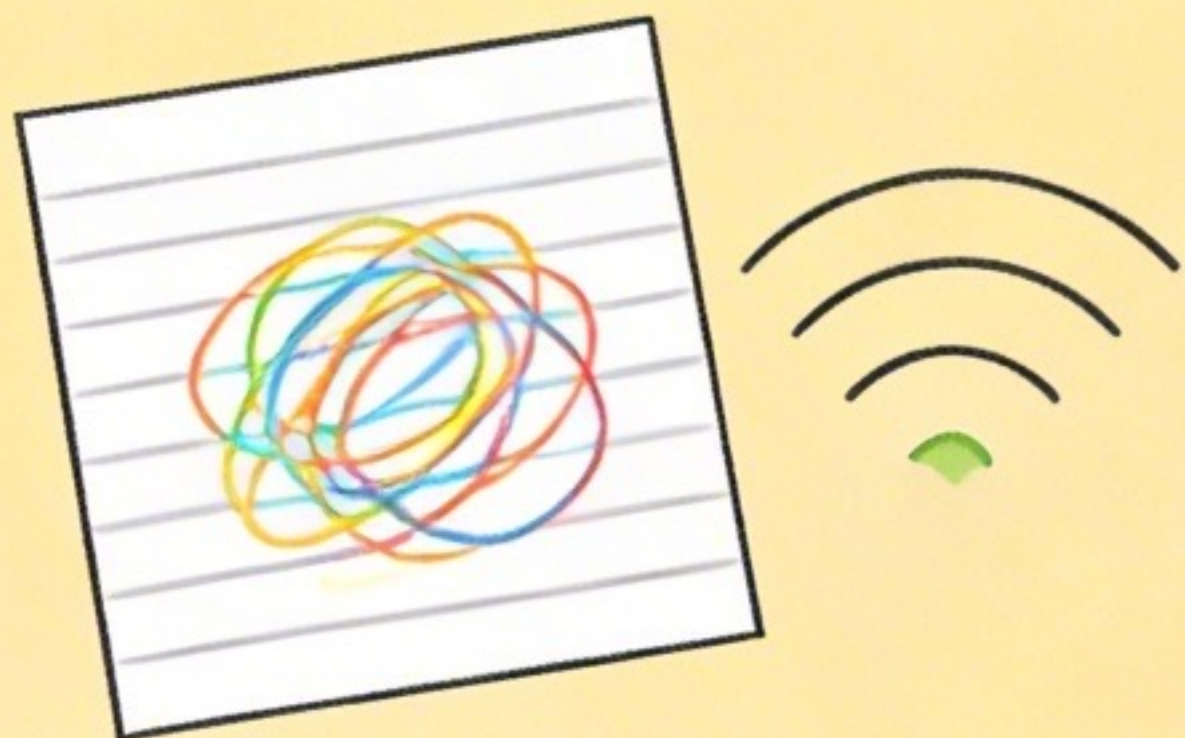
Write some letters accurately

## Writing their name



Write some or all of their name

## Marks with meaning



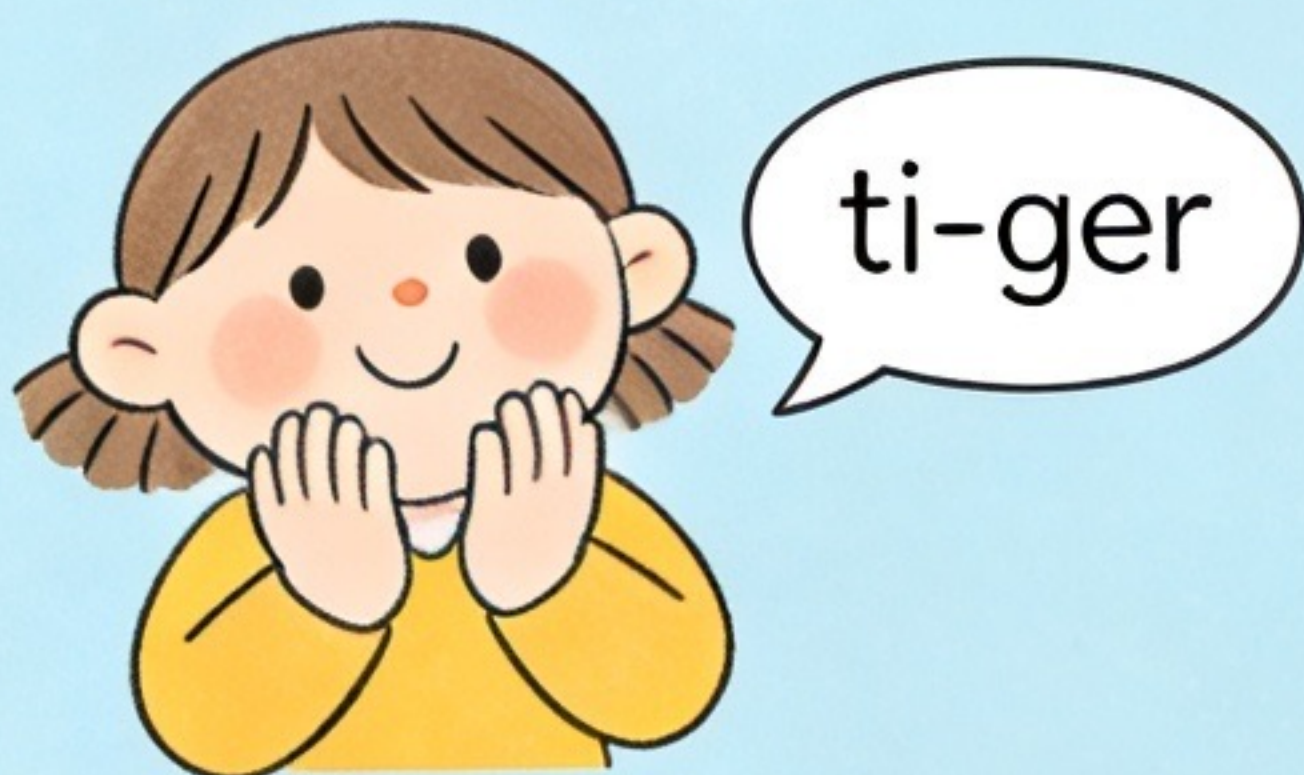
Give meaning to their marks when writing

## Hearing rhymes



Spot and suggest rhymes

## Clapping syllables



Count or clap syllables in a word

## Noticing letters and sounds



Recognise some letters or sounds familiar to them, such as those in their name

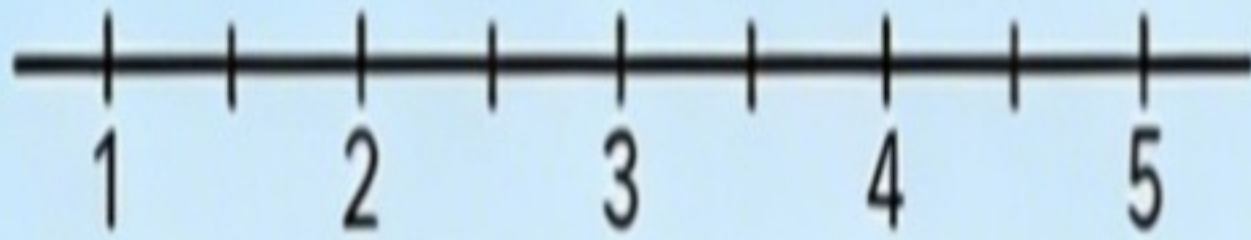


# Nursery - Mathematics



## Counting forwards

1 2 3 4 5



- Recite numbers past 5

## Counting objects

1-5



Say one number for each item in order

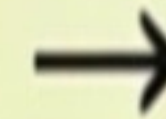
## Finger numbers

1 2 3 4 5



Show finger numbers up to 5

## Numbers and amounts



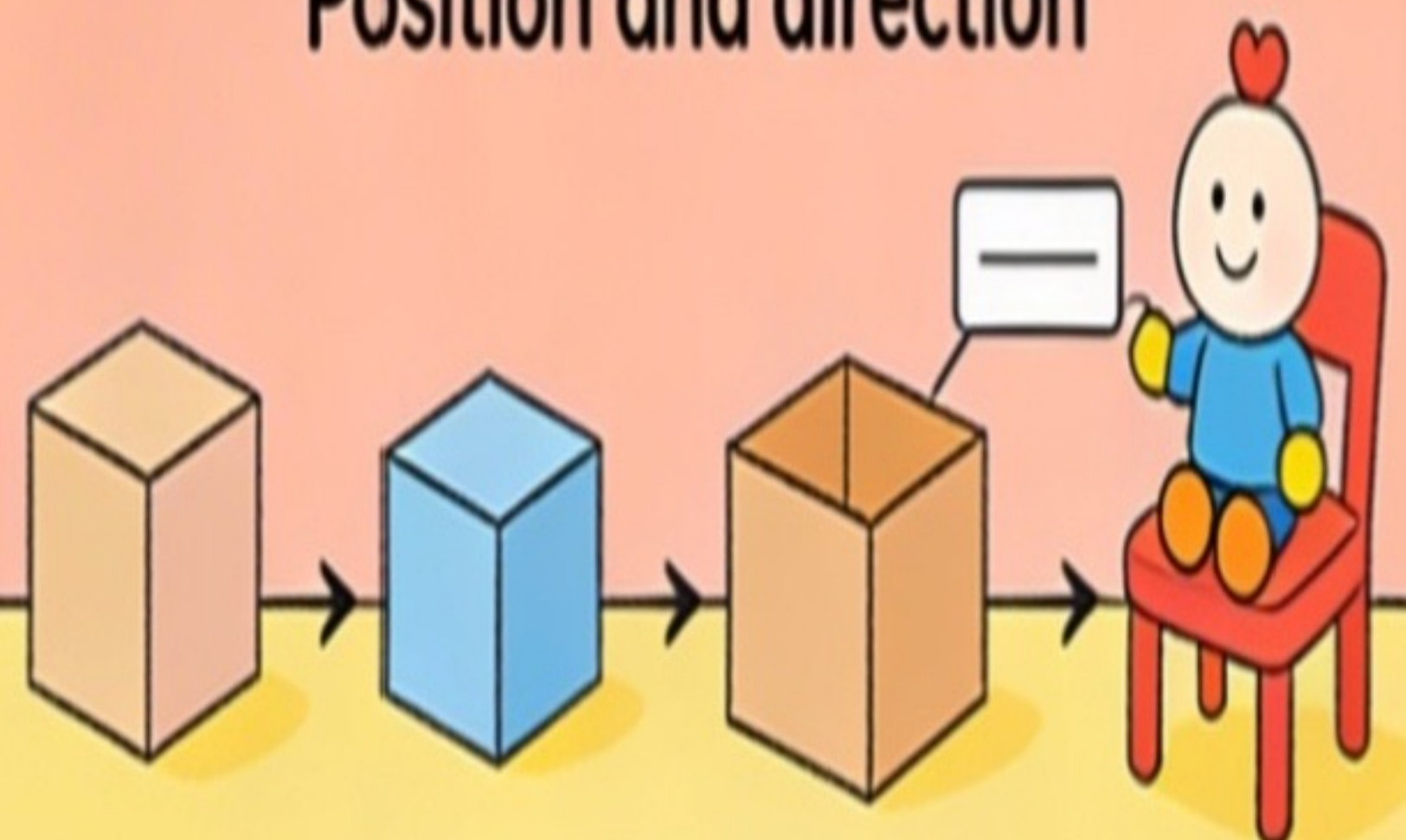
Link numerals to amounts

## Shapes all around us



- Talk about and explore 2D and 3D shapes

## Position and direction



Understand position

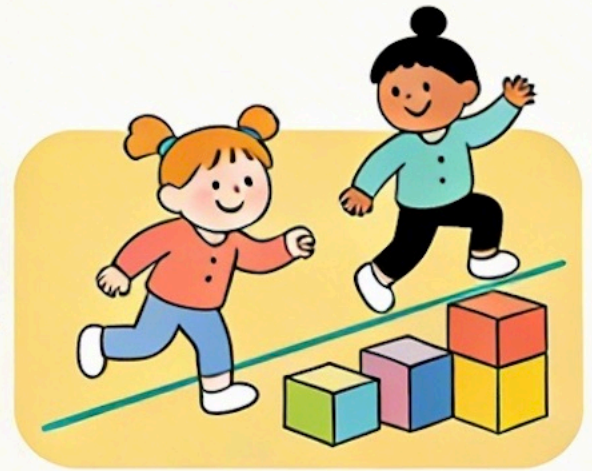
# Nursery – Physical development

How we build strong bodies and confident movers



## Steps and balance

- Walks up and down steps one foot at a time
- Uses the wall or rail for support



2

## Big body movements

- Enjoys climbing, running and jumping
- Learns to move safely during active play



3

## Catching and throwing

- Practises throwing and catching a large ball
- Builds coordination and confidence



## Puzzles and craft

- Enjoys simple puzzles and craft
- Strengthens hand and finger muscles

5



## Using tools

- Uses one-handed tools like scissors and pencils
- Develops grip, control and hand-eye coordination

# Nursery - Play, creativity and curiosity

How our nursery nurtures your child's early learning

## Imaginative play

- Role play and make-believe
- Trying out different characters
- Building confidence and social skills



## Art, mark-making and creating

- Drawing, painting and colouring
- Cutting, sticking and building
- Developing fine motor skills



## Sharing stories together

- Looking at pictures and talking
- Meeting new characters
- Growing a love of books



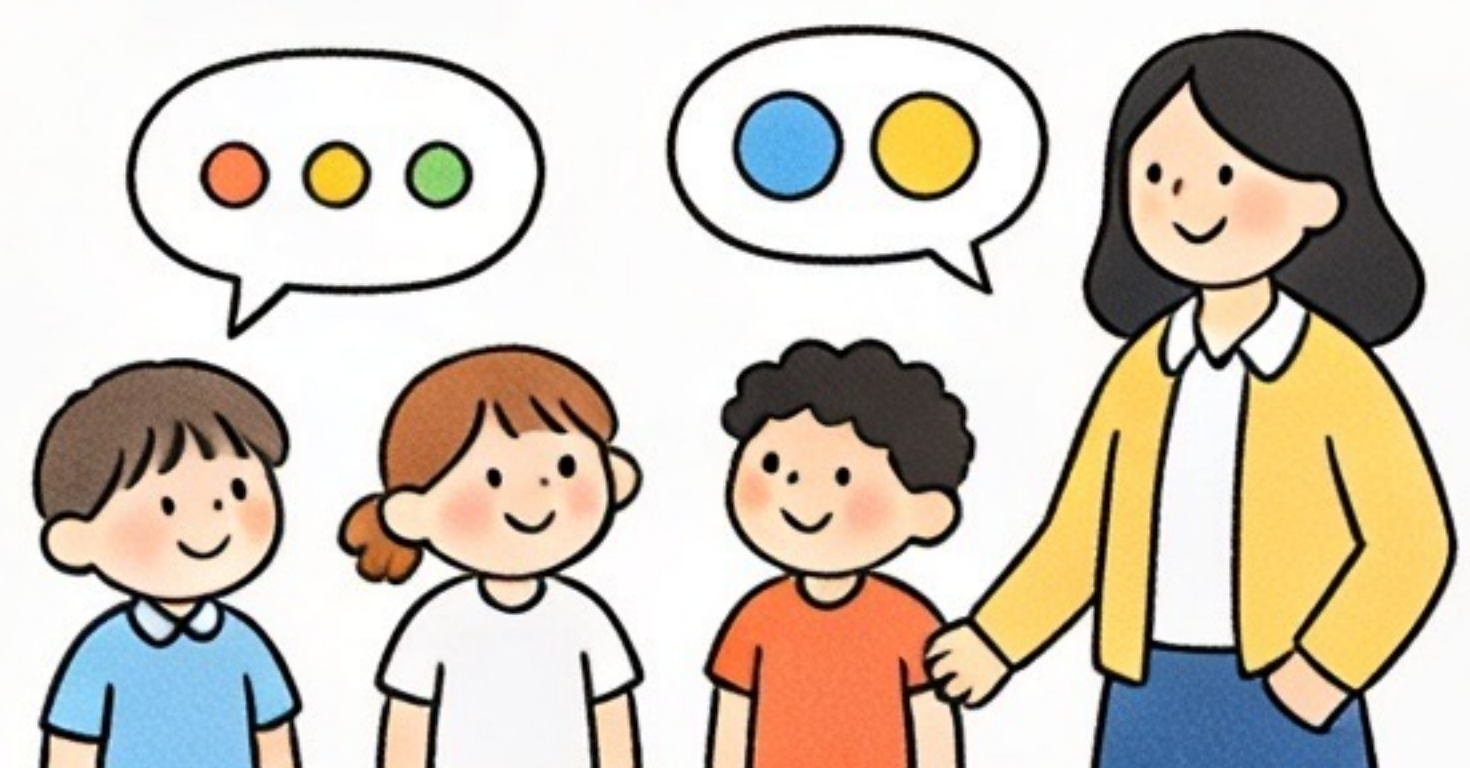
## Exploring the world around us

- Noticing nature closely
- Playing safely with everyday objects
- Making sense of their world



## Talking and rich vocabulary

- Talking about what they see
- Hearing and using new words
- Building strong communication skills



## Positive attitudes to differences

- Noticing how people are unique
- Learning kindness and respect
- Feeling valued and included



# Nursery - Taking care of themselves

Everyday independence skills we are helping your child to develop.



## 1 Coats and shoes

- Putting on and taking off their coat
- Putting on and taking off their shoes

## 2 Toilet and handwashing

- Using the toilet more independently
- Washing their hands with soap and water



## 3 Getting dressed

- Getting dressed with a little help when needed
- Changing clothes after PE or using the toilet



## 4 Eating and drinking

- Using cutlery, such as a fork and spoon
- Drinking safely from an open cup



## 5 Feeling safe with others

- Spending short times away from you
- Learning they can be cared for by kind, trusted adults



Together, home and school can gently build these everyday independence skills.