

# Journey to reception

Tips to support your child before starting school, and where to get help if needed (may not be suitable for children with medical and/or SEND needs).



**Reading**  
Borough Council  
Working better with you



To view this flyer online and access the links, scan the QR code on the left below.



If you have concerns about your child's abilities you can speak to your health visitor, use [Chathealth](#), talk to their nursery or scan the QR code on the right to request support from an Early Years & Starting School Champion.



For any queries, email [starting.school@reading.gov.uk](mailto:starting.school@reading.gov.uk)

Area of focus	Description	Where to get more help
 <p><b>School uniform, PE kit and getting dressed independently</b></p>	<p>Have you got the correct school uniform, PE kit and shoes? Are they labelled?</p> <p>Encourage your child to get dressed by themselves and show them how to put their shoes on/take them off independently.</p>	<p>Check your child's school website for its uniform policy.</p> <p><a href="#">Getting dressed - NHS</a></p>
 <p><b>Eating and drinking routines</b></p>	<p>Have you got a named water bottle and lunch box? Check the school lunchbox policy.</p> <p>Encourage your child to open and unwrap their lunch by themselves. Teach your child use cutlery to eat their dinners.</p>	<p><a href="#">Healthier families - NHS</a></p> <p><a href="#">Creating good mealtime routines - NHS</a></p>
 <p><b>Screen time</b></p>	<p>A 4-year-old child should have less than one hour of screen time per day.</p> <p>If your child has screen time, share this together. Less screen time leaves more opportunity for play, imagination and interaction which will help your child's overall development.</p>	<p><a href="#">Tips and advice for screen time with kids - BBC - Tiny Happy People</a></p>
 <p><b>Toileting and washing hands</b></p>	<p>Encourage your child to go to the toilet by themselves.</p> <p>Show them how to wash and dry their hands independently.</p>	<p><a href="#">Toilet training - Berkshire Healthcare</a></p> <p><a href="#">Children's Bowel and Bladder Charity</a></p>

## Area of focus

## Description

## Where to get more help



### Sleep

Sleeping is important for busy days at school.  
The average 4-year-old should be getting 11.5 hours of sleep per night.  
Help your child to get into a good routine early.  
A consistent routine for bedtime can help promote better sleep which is important for children's overall health and wellbeing.  
Establish a regular bedtime and have a predictable routine such as a bath and shared story.

[Healthy sleep routines - NHS](#)



### Sharing books

Share stories with your child.  
Encourage them to turn the pages.  
Choose books that they will be interested in.  
Talk about the pictures and comment on them.  
Look at stories about starting school together.

[Starting school or nursery book list - Words for Life](#)

Contact your local children's centre to pick up a free Bookstart pack.

[Libraries - Reading Borough Council](#)



### How to prepare your child for school

Talk positively about school.  
Use their teacher's name at home.  
Count down the days to help them feel more prepared.  
Notice how they may be feeling and help them share this with you.  
Help your child to be able to ask for help.  
Support your child to feel confident that any familiar comforting items will be waiting for them at home.

[Journey to reception - Brighter Futures for Children](#)

[Seven techniques for keeping kids calm - BBC](#)

[How to transition away from a dummy and bottle - NHS](#)



### Get moving

An average 4-year-old should be doing at least three hours of physical activities a day.  
Take your child out for physical activities and to the local park.  
Try to practice the route to school and reduce use of a pushchair to help them be independent and confidently walk into school.

[Parks, outdoor facilities and open spaces - Reading Borough Council](#)

[Reading Family Hubs](#)