# How Can I help My Child Get Ready for Reception?

1. Play with your child every day- e.g. building Lego together. Encourage your child to take turns with you and remember to chat all the time about what you are doing in full sentences. Chat in English or your home language.

2. Encourage them to help you- Can you get that for me? Can you help me cook? Can you help me to tidy up and sweep up?

3. Read stories together many times. Read in English or in your home language and remember to ask questions about what you are looking at and hearing together. Here is a link to the Hamilton Academy website where you can hear and see lots of adults reading stories!
https://www.hamiltonacademy.org.uk/HamiltonReads/

4. Encourage careful listening. Try these listening games together, we love them in the nursery!
https://www.bbc.co.uk/teach/school-radio/eyfs-listening-skills/zbc4y9q

5. Listen to and sing songs together, BBC radio is fantastic!
https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-a-to-z-index/z4ddgwx

6. Keep talking! Explain what you are cooking, what you are doing or where you are going, either in English or your home language.

7. Keep strengthening all their finger muscles and encourage a three finger pencil grip- Lots of mark- making, practise name writing, use pegs to put the clothes on the washing line, or peg matching socks together. Using scissors to make snips in paper and cut around shapes and to cut playdough. Thread penne pasta onto wool or string to make necklaces.

8. Practise dressing and undressing independently, including putting on and taking off their coats, shoes and socks. This will help their independence when changing for PE.

9. Can they use the bathroom independently and wash their hands? Please support them to do this. Here is the NHS 20 second handwashing film that we enjoy and observe in the nursery.
https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/

10. Enjoy rhyming games together. Remember to take turns- how many rhymes can you make? Cat, sat, mat, pat, rat....

11. Can you clap a simple rhythm and ask your child to copy it carefully? Can they make one up for you to copy?

12. Can you help them to name things that start with the same letter sound? Start with the sounds that we have learnt in the nursery- s,a,t,p,i,n. Look at the letter sound films on the nursery home learning page. https://www.hamiltonacademy.org.uk/Nursery-links-to-use-at-home/

13. Practise counting up and down to 10 and back with your child. Count claps, jumps, teddies, books, fingers and potatoes! We love this counting song in the nursery. https://www.youtube.com/watch?v=6RfIKqkvHTY

14. Talk together about time. Is it **morning, afternoon, evening**? Are you **late, early** or **on time**? Are you going **soon**?

15. Talk about shapes that you see. Can your child name them? Can they describe them? Are they round, pointy, tall, short, long or short?
https://www.youtube.com/watch?v=IkZs2_1-YJU
https://www.youtube.com/watch?v=WTeqUejf3D0

16. Can your child talk about what something feels like? Is it slimy, sticky, gloopy, rough? Can you model those words to them when you play with flour, jelly, mud and water?

17. Enjoy all pretend play with your child! Can they 'make' you a cup of tea, or can you pretend to ride horses together around the house? Have some fun!

18. Look back at all of the activities on the nursery home learning page. https://www.hamiltonacademy.org.uk/Nursery-links-to-use-at-home/ What did you not do together? What would you like to try again? My children loved the water painting!