

Top tips to help your child experience a smooth transition from Nursery to Reception

With the coming of the summer term, some of your children will be facing their final few weeks in nursery as they prepare to move up to "big school".

This change can cause anxiety but if well handled your children can see it as an exciting new adventure, here are some top tips:

Role play going to school

A really great way to support the transition process. Encourage imaginative play to role play what it is going to be like going up to "big school". Use props such as bits of school uniform, bags and books to help build confidence.

Read books on 'going to school' during story time

There are plenty of books about going to a new school. Reading stories about other children going to a new school provides a great basis to start talking about how your children feel about the move in September. I've included some great titles to get started: I am too absolutely small for school - Lauren Child, Pet to school day - Janet and Allan Ahlberg, All my friends - Gill Lobel, Bella goes to school - Ian Whybrow and See you later Mum! - Jenifer Northway.

Develop children's independence

Start to focus on small tasks that will make a big difference to a child starting reception class:

Going to the toilet

Support your child to be confident about getting to the loo in time and wiping properly.

Washing their hands

Chat about the importance of good handwashing with soap and water, especially after going to the toilet. A good way of showing how germs can linger is to let your child cover their hands in paint (pretend germs!) and then try to wash it all off.

Dressing themselves

With access to outside play throughout the day the children will need to put on their coats and zip them up. They will also need to take their shoes off and put them on again particularly for PE. A top tip is to draw 2 halves of a smiley face inside the shoe for the children to know which the left and right foot is.

Feeding themselves

Lunchtime at school will be a new experience. Children having school dinners need to be able to use a full-sized knife and fork and carry a plate or tray. If your child is taking a lunchbox, make sure they can open it as well as any containers and packets inside.

Using a tissue

Introduce your child to the routine of 'catch it, bin it, kill it' - catching their sneeze or runny nose in a tissue, putting it in the bin straightaway, then washing hands to kill germs.

Tidying up

Get your child into the habit of hanging their coat up, putting their toys away, clearing the table, and so on, to prepare them for doing these things at school.

Confidence

Encourage your child to have the confidence to ask an adult for help.