



Mid Essex Starting Reception Parent Roadshow

Let's all get



to start school



so children can



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Transition into School

For some children this can be exciting times ahead...



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Starting Reception

For others, and parents, it can be a time of worry and stress



We understand and are here to support the children and their families.



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What does starting reception mean?



If a child can hold a pencil,
write their own name,
count to 100,
recognise all the colours & shapes.
But doesn't know how to make friends.
Manage their emotions
and conflict resolution.
To be independent
& have self help skills.
None of the other stuff matters.



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The following areas are often the most important for parents and children, how are you feeling about:

Toileting

Emotions

Communication

Changes in routines

New environments

Friendships

Independence

Self regulation

Belonging



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Supporting you to Support your child

Preparation :

Give yourself plenty of time

Toileting Routine:

Make it positive and consistent

<https://startingreception.co.uk/potty-training/>

ERIC, The Children's Bowel and Bladder Charity



Wee and poo is what we do!

Is your child struggling with **toilet training**, **withholding**, **constipation** and **soiling**, **daytime bladder problems** or **bedwetting**?

We have over 30 years' experience of providing information and support for families dealing with wee and poo problems.

Visit our website:

www.eric.org.uk



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Supporting you to Support your child

Promoting Independence:

Consider the type of clothing your child will be wearing at school.

Look for elasticated waist bands, velcro shoes and socks where possible.

Practise putting on and taking off their own clothes and coats.



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Supporting you to Support your child

The NHS has some useful strategies to support with independent dressing



Give them **time** and **praise**

More information can be found using the link to NHS website



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[/www.cambspborochildrenshealth.nhs.uk/child-development-and-growing-up/getting-](https://www.cambspborochildrenshealth.nhs.uk/child-development-and-growing-up/getting-)



Friendships:

Your child's friendships at preschool/nursery should be taken into consideration by the class teacher.

Parents should also discuss with teachers the positive and negative impacts that some friendships can have on their child's development.

These early attachments are crucial in supporting your child with settling at school.



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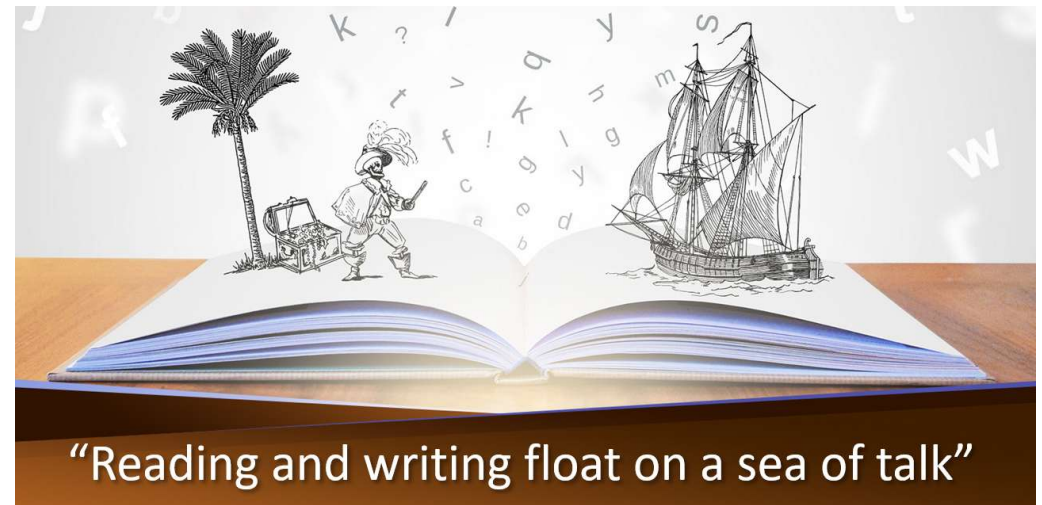


Communication:

Children's oracy and vocabulary underpins all areas of the curriculum.

Children should be encouraged to comment on their interests, answer questions, join in with nursery rhymes and to listen to stories.

Children's vocabulary is widened by their access to a range of books and oral stories.



“Reading and writing float on a sea of talk”



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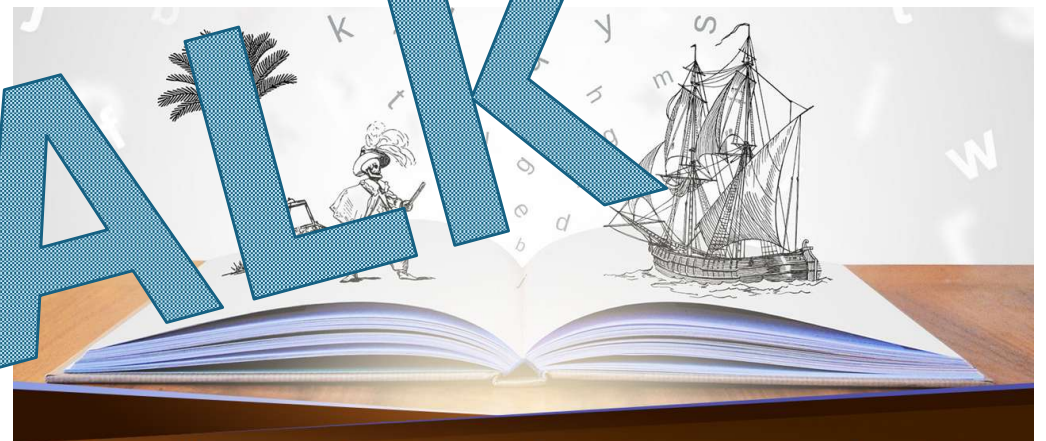
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Communication: Talk, Listen and Cuddle



Going to school - TLC



Dummies

Information on how dummies can affect speech and language development

Skills For School

Lots of parents ask us 'how can I help my...

Tell me about...Phonics

What are 'Phonics'? In the simplest terms, phonics are the sounds...



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SCREEN TIME

WHY SCREEN TIME MATTERS FOR AGES 3–5



Early Development First:

Children learn best through play, interaction, and real-world experiences



Too Much Screen Time Can Impact:

Language development, Social skills, Sleep patterns



Recommended Limit: No more than 1 hour per day of high-quality content, co-viewed with an adult



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UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters
Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.

Education matters
Make sure you and your children are aware of, and abide by, their school's policy on screen time.

Safety when out and about
Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.

Family time together
Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.

Sharing sensibly
Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!

Keep moving!
Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessandmove

Talking helps
Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.

Use helpful phone features
Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

SCREEN TIME TIPS FOR HEALTHY SCREEN USE



Choose Quality Content: Educational apps, age appropriate shows



Watch Together: Talk about what they see to build understanding



Balance Activities: Prioritise outdoor play, reading, and creative play



Set Clear Boundaries: No screens during meals or before bedtime; create tech-free zones at home



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Communication: Talk, Listen and Cuddle

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50

things to do
before you're 5



Playing with your child is one of the most important things you can do to support their development. The time you spend playing together will help them learn all sorts of things – from counting and writing, to exploring and making new friends.

Our list of 50 things to do before you're 5 will give you lots of ideas to support your child's learning through play - Complete it online or print it off, stick it on the fridge and tick off each activity!

We would love to see photos of your children achieving these things, you can email them to tlc@essex.gov.uk

Once you've completed the list, download your own 50 things to do before you're 5 certificate from the TLC website.



No.	Activity	Tick	No.	Activity	Tick	No.	Activity	Tick
1	Run through long grass (barefoot if you can)	<input type="checkbox"/>	19	Visit the farm or zoo	<input type="checkbox"/>	35	Have a sleepover in the den you've made	<input type="checkbox"/>
2	Lie in the long grass and feel the grass between your toes, fingers tickling your nose	<input type="checkbox"/>	20	Paint and create as much as you can	<input type="checkbox"/>	36	Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs	<input type="checkbox"/>
3	Go on a walk through the woods in all seasons and weathers!	<input type="checkbox"/>	21	Play make believe, and be who you want to be; a spaceman on the moon or a knight in a castle	<input type="checkbox"/>	37	Play in autumn leaves and throw them over your head. Listen for the crunch under foot, then pick your favourites and make your very own leaf man character!	<input type="checkbox"/>
4	Not near any woods? Go for a walk around your neighbourhood, find a tree and watch it change through the seasons	<input type="checkbox"/>	22	Have a picnic outdoors or indoors with all your favourite treats	<input type="checkbox"/>	38	Read a book under a tree	<input type="checkbox"/>
5	Plant and care for a beautiful smelling flower	<input type="checkbox"/>	23	Be an explorer and hunt for bugs	<input type="checkbox"/>	39	Go out in the rain and jump in puddles	<input type="checkbox"/>
6	Go on a treasure hunt	<input type="checkbox"/>	24	Help make your own dinner	<input type="checkbox"/>	40	Lie on your back outdoors and watch the clouds	<input type="checkbox"/>
7	Have a teddy bear's picnic	<input type="checkbox"/>	25	Look for worms, and see how they wiggle	<input type="checkbox"/>	41	Go blackberry picking and eat as many as you can!	<input type="checkbox"/>
8	Climb a tree	<input type="checkbox"/>	26	Go for a walk on a windy day. Take a scarf or a kite and see how they fly	<input type="checkbox"/>	42	Make a mud pie	<input type="checkbox"/>
9	Play 'pooh sticks'	<input type="checkbox"/>	27	Roll down a hill	<input type="checkbox"/>	43	Blow a dandelion clock	<input type="checkbox"/>
10	Make an insect house	<input type="checkbox"/>	28	Dig for treasure	<input type="checkbox"/>	44	Balance on a log	<input type="checkbox"/>
11	Learn to ride a bike and go on a long bike ride	<input type="checkbox"/>	29	Try baking a cake and lick the spoon!	<input type="checkbox"/>	45	Chase your shadow on a sunny day	<input type="checkbox"/>
12	Care for a pet (no matter how small)	<input type="checkbox"/>	30	Make perfume from flower petals	<input type="checkbox"/>	46	Catch rain or snow on your tongue	<input type="checkbox"/>
13	Play hide and seek	<input type="checkbox"/>	31	Go crabbing	<input type="checkbox"/>	47	Go on a torch-lit walk in the dark, look for stars and night time animals	<input type="checkbox"/>
14	Take part in an Easter egg hunt at home	<input type="checkbox"/>	32	Make a snow angel and have a snowball fight	<input type="checkbox"/>	48	Sleep in a tent	<input type="checkbox"/>
15	Visit the seaside. Explore, and find treasures at the beach	<input type="checkbox"/>	33	Play with water, pour, explore, wash toy cars	<input type="checkbox"/>	49	Toast marshmallows on a camp fire	<input type="checkbox"/>
16	Paddle in the sea	<input type="checkbox"/>	34	Use all of the furniture downstairs and all the blankets/towels from upstairs to make a huge den/fort that you can crawl around	<input type="checkbox"/>	50	Join the library and borrow some books	<input type="checkbox"/>

www.tlc-essex.info



www.facebook.com/talklistencuddle



tlc@essex.gov.uk



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The importance of sharing books



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Impact of Reading:

What is special about shared reading?

While reading in general has an impact on outcomes, three important ingredients that are specific to shared reading stand out from our research. When adults share picture books with babies and children, there are both immediate and long-term benefits:

- **Physical closeness and shared attention:**

Sharing unhurried reading time is a perfect space for bonding and attachment. Sharing a point of interest with an adult teaches concentration, listening and sensemaking.

- **Enjoyment:** When a child sees an adult getting involved and enjoying a story, they enjoy it too.
- **Interaction:** Interactive reading helps relationships form, and supports children's language and cognitive development, yielding benefits from as early as two weeks. An adult reading in this way involves the child as much as possible, letting a child grab and touch a book while paying attention to the child's responses and reactions.



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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



Growing independence

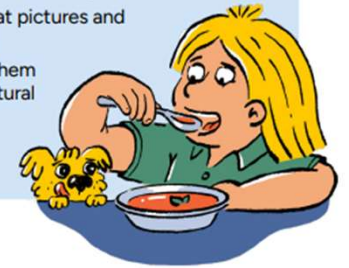


Taking care of themselves

- ✓ 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
- ✓ Sharing story books, looking at pictures and talking about the characters
- ✓ Exploring the world around them (e.g. looking closely at the natural world, playing safely with objects at home)



<https://startingreception.co.uk/>

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)



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



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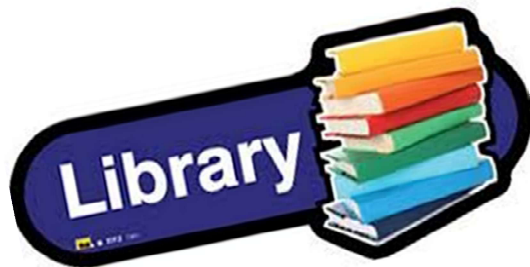


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Belonging



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Bedtime routine

 Use toilet	 Brush teeth
 Read books	 Snuggle & sleep



Starting Reception

Your school will work with you and your child to make transitions as smooth as possible.

Many schools liaise with nurseries/preschools to find out more information about your child and what may need to be put into place to support them.

For children with additional needs, care plans and meetings with SENDCOs will be held to best plan for support.

Some schools will offer stay and play and Story Time opportunities – look out for communication from the school.

Some schools will conduct nursery/preschool visits to meet children and develop relationships with them.

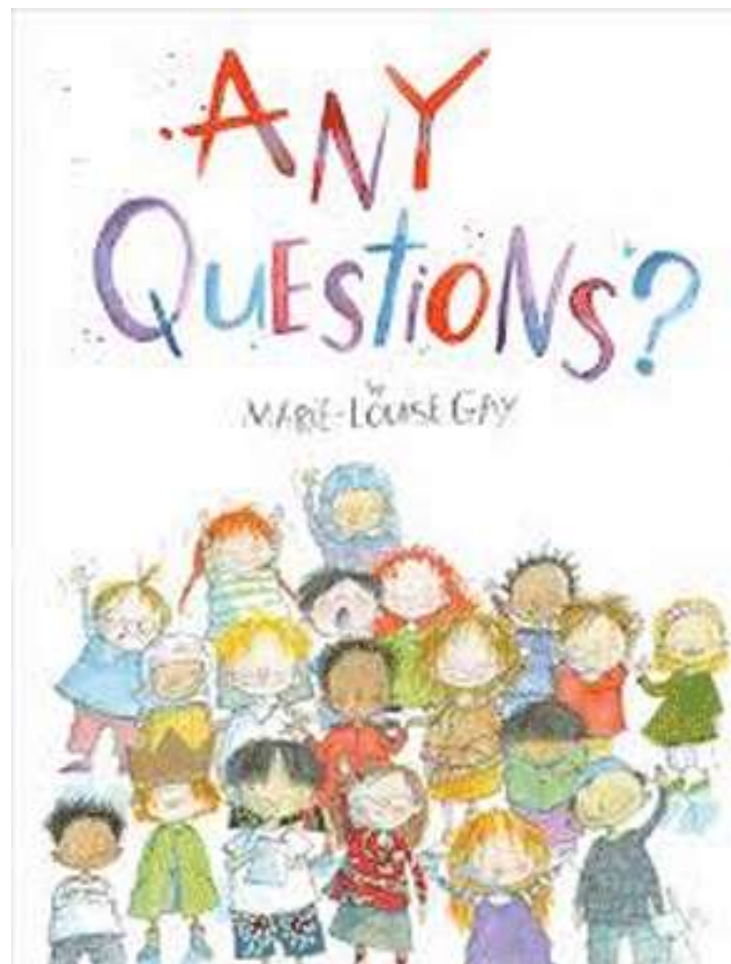
Some schools will offer induction opportunities for parents and children to visit the new classroom together.



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Support Available Tonight

Community Services

- **Active Essex** – Supports children and families to be active and healthy through local clubs, programmes and play opportunities.
- **Libraries / Community Connectors** – Help families access books, story sessions and local community activities.
- **ACL (Adult Community Learning)** – Offers courses for parents, including family learning, wellbeing, English and maths.
- **Engagement Facilitators (EF)** – Support children with SEND during times of change or transition, helping families and schools plan together.
- **SPACE (Support Parents & Carers Essex)** – Information, resources and peer support for families of autistic children.
- **Early Years Education Partners (EYEPs)** – Support early years settings and schools to strengthen early learning, language and transition into school.
- **Essex Child & Family Wellbeing Service (ECFWS)** – Pre-birth to 19 support including family hubs, health visiting, school nursing and early help.
- **Home Start Essex** – Practical and emotional support for



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Early Years Settings

- Representatives from local pre-schools and nurseries will be available to talk about transitions, routines and settling children into

Schools

- Local schools are here to explain induction activities, share what Reception looks like and answer questions about the move into school.