For the attention of:

Parents and Carers of Children Starting Reception

23rd April 2026

Dear Parents and Carers,

RE: GETTING READY FOR RECEPTION – WE'RE HERE TO SUPPORT YOU AND YOUR CHILD

Congratulations – your child will be starting Reception in September 2026, a significant and exciting milestone for your family. While this is a positive step, we know it can also bring questions, emotions and new experiences for both you and your child.

Every child's transition into school is unique. What matters most is that children feel safe, confident and happy as they begin this new chapter, and the support you already provide at home plays an important role in helping them achieve this.

What can help children feel prepared for Reception?

Being prepared for school is not about being able to read, write or do maths. It is about helping children build the everyday skills that support learning and friendships, such as:

- Feeling confident being away from their main carer
- Being able to talk about their needs and feelings
- Trying new things and having a go
- Playing and sharing with others
- Listening, following simple instructions and taking turns
- Managing basic self-care like using the toilet, dressing and washing hands

These skills develop over time, and children learn them through play, routines and warm everyday interactions with the adults who care for them.

How can you support your child at home?

Small, simple activities make a big difference. You might try:

- Talking positively about school and what your child can expect
- Sharing books and stories together every day
- Encouraging independence with dressing, eating and going to the toilet
- Playing games that help with turn-taking and listening
- Letting your child talk about their feelings and reassuring them that it is okay to feel excited or nervous

We would also like to signpost you to the **Starting Reception website** (https://startingreception.co.uk/), as recommended by the Department for Education. The website offers helpful, easy-to-use resources, including short videos and practical tips designed specifically to support families as their child prepares for the transition into school.

There is lots of helpful information to explore on the website. To get started, we recommend looking at the Starting Reception Guide first, then the Potty-Training Guide, the Toothbrushing Guide and the Useful Links section:

- Starting Reception Guide (Downloadable) – *for simple everyday ways you can help your child feel confident and prepared for Reception*
- Potty Training Guide (Downloadable) | Potty Training Website
- Children's Toothbrushing Guide (Downloadable) | Toothbrushing Website
- Useful Links

Working together from the start

A smooth start to school works best when families, early years settings (like nurseries or childminders) and schools work together. Schools understand that every child is different and will take time to help children settle, build routines and feel secure.

If you have any questions, or worries, please reach out to your child's school or early years setting. No question is too small and asking for support is always okay.

Above all, thank you for everything you do each day to support your child. You are already helping to give them the very best start. We wish your child every success and hope they have a happy and positive beginning to their school journey.

Yours faithfully,

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