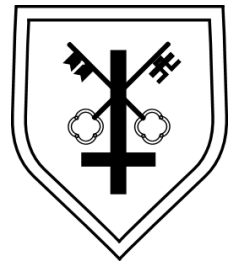


St Peter's CE Primary School



Starting Reception – Useful Links

Growing independence

- [Check out Parentkind's online advice hub and magazine for parents 'Be School Ready'](#)
- [Enjoy Family Corner's 5 tips to help your child get ready for Reception](#)
- [Guidance for parents and practitioners - PACEY](#)
- [Download the free EasyPeasy mobile app for tips and activities to support everyday parenting moments](#)

Taking care of themselves

- [How can you make separating easier? - Family Corner](#)
- [Getting dressed and ready for the day - backward chaining information sheet - NHS](#)
- [Getting ready for the Day - BBC](#)

Toilet training

- [The Institute of Health Visiting has advice and tips on toilet training](#)
- [Simple and supportive toilet training advice - ERIC](#)
- [Potty training and bedwetting - NHS](#)
- [Pants4School - Down Syndrome UK](#)

Playing, creativity and curiosity

- [5 steps for brain building through serve and return - Center on the Developing Child at Harvard University](#)
- [How to follow a child's interest in play - National Literacy Trust](#)
- [How to role play with your child - Pretend role play - BBC](#)
- [How to role play with your child - Playing pretend animals - BBC](#)
- [Fire up their imagination with drawing - BBC](#)
- [What is mark-making and why is it important for learning? - PACEY](#)

- [Sharing story books on World Book Day - BBC](#)
- [Nature activities for children - BBC](#)
- [Learning and having fun on the bus - BBC](#)
- [Play a game of 'What's that sound?' - BBC](#)

Building relationships and communicating

- [The Royal Foundation Centre for Early Childhood's Shaping Us Framework outlines how these skills develop in early childhood](#)
- [Top tips for enjoying stories together and book recommendations for starting school - BookTrust](#)

Being with others

- [Learn how to support your child to make friends - Family Corner](#)
- [Understand your child's social development - Words for Life](#)
- [Practice sharing with toys - BBC](#)

Communication and language

- [You are your child's first teacher – help them learn how to write their name - Words for Life](#)
- [Explore a range of approaches to language learning and development from NHS Start for Life](#)
- [Build your child's imagination and language by making up stories together - BBC](#)

Listening and engaging

- [Follow the walk and talk trail with the National Literacy Trust](#)
- [Practice language and listening skills at home with these games - Playing with a cardboard telescope - BBC](#)
- [Practice language and listening skills at home with these games - Red Light, Green Light - BBC](#)

Physical development

- [Getting moving for 3 hours a day - NHS](#)
- [What is core strength and why is it important for children? - Department for Education](#)
- [Fun games to get them moving - BBC](#)

Healthy routines

Understand what 'healthy' levels of screen time are, by age

- [World Health Organization guidance](#)
- [Health Professionals for Safer Screens poster](#)

Get insights on internet safety, how screen use impacts young children and recommended screen time

- [Help for early years providers: Internet safety](#)

And for those with younger children, the NCT covers advice for babies and toddlers too:

- [Screen time for babies and toddlers - NCT](#)

Help children build a strong relationship with food and make the right choices from the start

- [Nutrition guidance - Department for Education](#)
- [Healthier families - NHS](#)
- [Five tips for helping your kids to eat healthily all year round - BBC](#)
- [Eating Well - First Steps Nutrition Trust](#)
- [Factsheet for healthy children's diets - Association of UK Dieticians](#)

Brushing teeth

- [Toothbrushing SOS with the singing dentist](#)

Sleep guidance

- [Sleep and young children - NHS](#)
- [Struggling to get children to sleep: How to establish a bedtime routine - BBC](#)