



I'm Starting School

Parents and carers are the child's greatest teacher and role model. Children develop at their own rates in their own ways. In Wigan, we believe school readiness starts from birth. We want to work in partnership with you to make sure all children feel happy, cared for, safe and ready to learn. Take any opportunity to encourage your child to play and explore, to have ideas and keep trying when things don't always go as planned. Most importantly, talk, talk, talk with your child.

Learning throughout the day - here are some simple suggestions which you can incorporate into your daily routine

Waking up & Breakfast



Support your child to develop their independence – this will develop their self confidence

Getting dressed themselves, doing zips and buttons, putting on own socks encourages hand and finger muscles to work - we will need these skills to help learning to write later

Talk together during breakfast – offer a choice of breakfast

Count the scoops – how many scoops of cereal in each bowl – counting will support early maths skills in reception class



For your daily exercise –

Encourage different ways of moving, can we all walk like dinosaurs, fairies, run really fast like superheroes, walk slowly like a snail, crawl like a bear.

Take a ride out on the scooter or bikes if possible

Ball games, outside, make your own obstacle course with rope, boxes, chairs anything you can find to encourage different ways to move.



Go for a number walk- looking for numbers on doors, signs, car registration numbers. Look for shapes and patterns in street signs/zebra crossings

Cool down – take time for calm moments. Show your child how to use their breath to help them to feel calm again. Help your child to understand and accept the range of emotions they feel and show them ways to express themselves safely.



Body Moves

Helping Hands



Cleaning the house – duster dodge is a great game to play when cleaning the house.

Clean the car with big sponges, paint the house using buckets and water with brushes outside – Could be nail brushes, toothbrushes, hairbrushes, paintbrushes and rollers of different sizes. Really good for building big muscles in the arms and shoulders, really supports early writing skills

Use specific positive praise when you are speaking to them. Such as thank you for helping me sweep Molly

Counting together while washing hands

Matching pairs of socks, sorting and comparing clothes big and small – using the word of colour/pattern/shape and size will help children learn early maths concepts

Spend some time for you and your child to snuggle in and share stories. Share photos and videos of special times you have had together. Make a den space using sheets and blankets to play in together

Large paper on the floor, children lie down to draw and make marks – old wallpaper and cardboard boxes are great for this

Play a game – matching games, dominos, snap/number snap

Sing - Songs and rhymes, action songs get you moving and counting songs help develop number skills

Playdough is really good for muscle development in fingers and hands, get children to squeeze and pull, squash and roll – talk as you play together – I'm rolling my dough into sausages, I can see you are squashing yours flat.

Play Time



Having a set bedtime routine can help your child know what to expect each evening. Good sleep is essential for developing brains.

Bath play - have containers to fill and empty or objects that float and sink. Medicine syringes make great squirters encourage different movements of the arms Use bath crayons and pens to draw on tiles, get them to clean it off with sponges or flannels

Story time – share books together. Ask your child what they can see in the pictures or what they think might happen next. Talk about things you notice in the story such as rhyming words, or words all starting with the same letter.

Teddy bear breathing - show your child how your teddy is moving up and down as you take nice deep breathes. See if they can notice their teddy bear rising on their tummy as they breathe in and then gently go down again as they breathe out.

Bath & Bed

