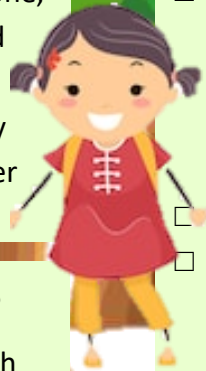


Tick off as  
you go ✓

# IS YOUR CHILD READY TO START RECEPTION CLASS IN SEPTEMBER?

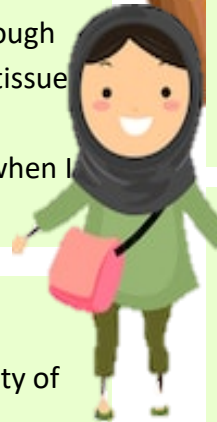
## TOILETING

- I can use the toilet alone, wipe myself clean and flush the toilet.
- I can wash and dry my hands on my own after using the toilet.



## SELF-CARE

- I can wash my hands with soap and water for 20 seconds, especially before and after meals and after playing outside.
- I can wipe my nose.
- I am learning to cough and sneeze into a tissue or into my elbow.
- I can ask for help when I don't feel well.



## SOCIAL SKILLS

- I enjoy interacting with other children and adults.
- I can share and take turns.
- I like new experiences, including everyday life such as shopping, cooking, and counting objects.
- I can follow instructions and follow rules.

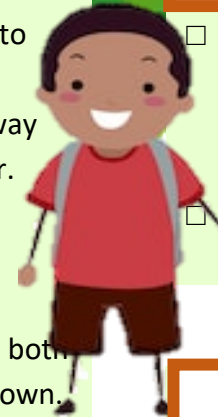


## MEALTIMES

- I like eating a variety of healthy food.
- I can use a knife and fork.
- I can open packaging and wrappers by myself.

## INDEPENDENCE

- I am looking forward to starting school.
- I am not sad when away from my parent/carer.
- I can express my emotions.
- I can hold a pencil.
- I know my own name both spoken and written down.



## ROUTINES

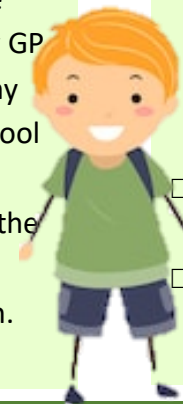
- I have a good bedtime routine which includes a bedtime story so I am not tired in school.
- I have set mealtimes, just like they do in school.

## GETTING DRESSED AND UNDRESSED

- I can put on and take off my uniform by myself, including doing up buttons, zips and shoelaces.
- I can put on my own coat.
- I understand some parts of my body are private.

## HEALTH

- Any health issues have been addressed by my GP.
- I am up to date with my immunisations/preschool boosters.
- I visited the dentist in the last 6 months.
- I have seen an optician.
- I am physically active.



**Quality:** We put quality at the heart of everything we do  
**Relationships:** We value our relationships with others  
**Delivery:** We deliver services we are proud of  
**Community:** We make a positive difference in our community

**Brent 0-19 Services**  
**School Nursing, Health**  
**Visiting & Brent 4 Life**  
**Teams**

For advice and help, please contact or visit us on:

02081024900

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