



# Starting Big School

*Supporting your child's transition to  
Reception during the Covid-19  
pandemic*

## Information for Parents

May 2021

## Starting Big School

The Covid-19 pandemic has caused immense disruption to our usual behaviour and routines. There continues to be a lot of uncertainty at the moment and it is understandable that you may be increasingly concerned and anxious about your child starting Reception in September.

Whilst the usual transition processes and rituals may not be possible in the coming months, with a bit of creativity and the use of modern technology, we can still offer them a sense of continuity, support them to 'say goodbye' to the pre-school or nursery and help to prepare them for starting Reception.

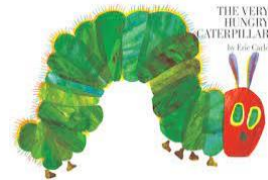
Here are some ways that you can help to prepare your child for starting Reception.

### Pre-School Memories

- Encourage your child to talk about their time at pre-school or nursery. Ask them to draw a picture of something they like doing. Ask questions like:
  - *What makes you laugh at pre-school?*
  - *Who is the kindest person you remember?*
  - *What was the best game that you played?*
- Enjoy sharing your child's learning journey with them and talking about their pre-school memories.
- After pre-school has finished, continue to connect with your child's friends with play dates, trips to the park and posting special drawings to them.
- Try to maintain a structure and routine that suits your family during the summer holiday. This will help to promote a sense of normality and be reassuring for your child.

### Thinking About Change

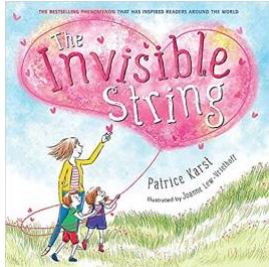
- Read stories about change like '**The Very Hungry Caterpillar**' by Eric Carle, or '**Little Tree**' by Loren Long. If you don't have these books, you can watch videos of them being read aloud on YouTube.



- Have a look through baby photographs of your child and talk about how they have changed as they have grown.
- Talk with your child about their likes, dislikes, interests and skills... What makes them who they are? You could make a collage or picture of the different things they like or dislike or a poster showing all the things your child is good at and their positive personality traits.

## Saying Goodbye

- Share the story **'The Invisible String'** by Patrice Karst with your child or watch it on You Tube.

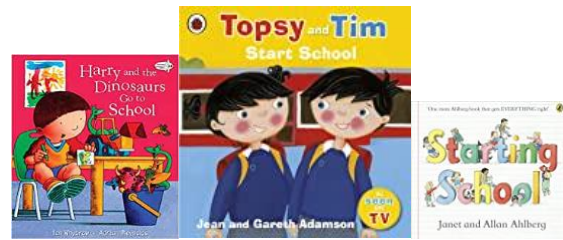


This book is about how even if we cannot spend time with the special people in our lives, we are still connected to them by an 'invisible string' which goes between our hearts.

- Think with your child about all the special people and pets they are connected to in their home life, even when they are not always with them. Use string to link everyone in the family together so you can see the 'invisible strings', or draw a picture showing all the connections to people in your child's life.
- Join in with the 'ending' activities that your child's pre-school is offering.

## Getting used to School

- Share story books with your child about starting school.



- Talk with your child about starting big school. What do they think it will be like? What are they most looking forwards to? Is there anything they are worried about? What sort of things would they like to find out about their new school?
- Watch the Welcome to Reception video and share the Maidensbridge Starting School story with your child.
- It is perfectly normal to have a mixture of emotions about your child starting school. It can help to make a plan for after you drop off your child the first few days. Prepare yourself for how you might feel and react on the day.
- Make sure your child gets to say goodbye to you before you leave.

## Building Relationships

- Try to make connections with parents of children who are also joining our Reception class so that both you and your child will know some familiar faces.
- Talk to us! Share as much information with us about your child so that we can support their transition to make it as smooth as possible. If your child is supported by any professionals, please let us know.