

*Tick off as you go.*

# Checklist: 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.
- I brush my teeth twice a day.
- 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.

### 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.
- I have set mealtimes, just like they do in school.

### 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.

### Health

- Any health issues have been addressed by my GP.
- I am up to date with my immunisations/preschool boosters.
- I am registered with an optician and a dentist.
- I am physically active.

### Getting dressed and undressed.

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

Just send a text message to:  
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For ChatHealth Health Visiting Support

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